

TIANJIN PLUS

津品生活

2018.10



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masterful creations**

New Executive Chef at St. Regis Tianjin



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The St. Regis Tianjin Autumn Super Fun Season

A refreshing autumn day begins, the season for exploring adventures starts. At this golden autumn, The St. Regis Tianjin invites you and your family to experience the exclusive combination of luxury brand service and fun places.

The St. Regis Tianjin continues the luxury classic service, with Tianjin's popular local entertainment venues-the collection of the Tom's World, the Zoonly and the Haihe Cruises, are designed to with you and your family perfect choices for autumn trip.

During the golden season, bring your family to The St. Regis Tianjin for a fun trip!

For inquiries and reservations, please call 022-5830 9933.



The St. Regis Tianjin

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HAIRY CRAB FEAST AT RENAISSANCE

Hairy Crab has been known as a gourmet delicacy in China for hundreds of years especially during autumn. Renaissance Tianjin Lakeview Hotel will entertain our guests with the freshest hairy crabs in the original way and varieties of crab dishes.

From this October, New Dynasty Chinese Restaurant will offer guests a season limited menu of "Hairy Crab Feast" at lunch and dinner for your family reunion during the National Holiday.

For more information and reservations, please contact 022-5822 3110/3111.

16 Bin Shui Road, He Xi District, Tianjin, 300061, China



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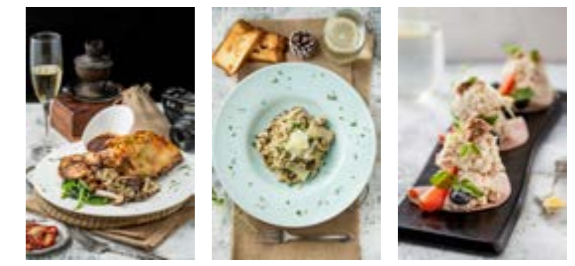
Tianjin Plus is specifically designed for English-speakers living and working in Tianjin, as well as short-stay visitors and business travellers coming to the city. Most of this target audience is new to the city and is looking for a convenient guide to Tianjin's recreation, culture, and cuisine. Because some readers have yet to become familiar with the area, they are anxious to try new products and services. As a result, they represent a lucrative and responsive market to your advertising efforts.



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Dinner / 晚餐时间: 17:30 - 23:00 (22:00 L.O.)



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Hi friends,

Have you always wished to contribute in some way towards making the air quality better or the environment more sustainable? This month we offer you the chance to be a part of something that is actually making a difference right here in Tianjin! And more importantly, it has been initiated by students!

Donations started pouring in right from Day 1 and till September 25th, 2018, 170 of the 380 solar panels have been paid for by the generous IST community and friends. There are 200+ panels still awaiting donations.

After being poached back to his hometown from Hainan, Tianjin Plus is excited to present Edison Liu, Executive Chef of The St. Regis Tianjin, who promises to use his youth and passion to win over the bellies of his guests. When you are a five-star hotel brand with a reputation that precedes you, it becomes imperative to hire a top-notch chef to continue cooking up the sizzling success. Kudos to The St. Regis Tianjin as that is exactly what they have done.

You can check under our Fitness & Wellness section the 10 quick tips which you can incorporate in your daily lifestyle. These will not just help you to lose weight consistently without leaving you hungry, but will also serve to reduce your appetite with time and improve your metabolism.

I am sure you will find very interesting all the other articles published this month. We hope that you will enjoy and find them useful in your daily life.

Don't forget to visit our website www.tianjinplus.com and follow us on our official Wechat account (ID: **tianjin_plus**) for more articles and information.

Best wishes,

Sandy Moore

Managing Editor | Tianjin Plus Magazine

M

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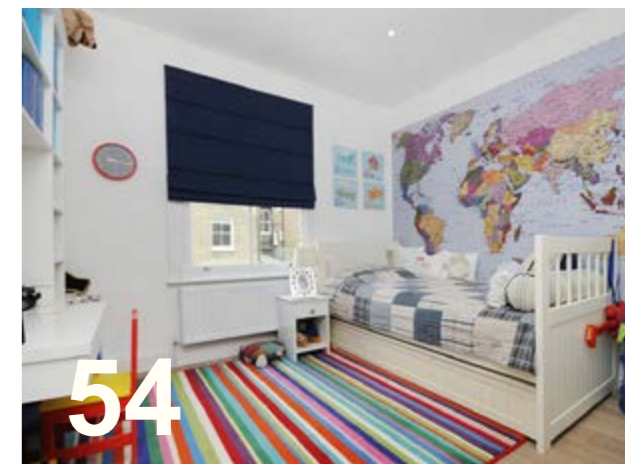
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Kicks and Sticks, Hessian State Youth Jazz Orchestra, 德国黑森州青年爵士大乐团音乐会

03 Wed
Date: Wed, Oct 3rd
Time: 19:30
Price: 80,120,180,280,380
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
Tel: +86 22 8388 2000



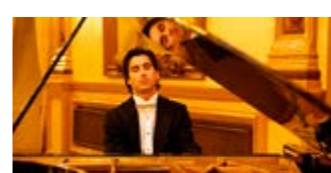
Opera Madama Butterfly 歌剧《蝴蝶夫人》

04 & 05 Thu & Fri
Date: Thu, Fri, Oct 4th, 5th
Time: 19:30
Price: 100,380,580
Venue: Opera House, Tianjin Grand Theatre
天津大剧院歌剧院
Tel: +86 22 8388 2000



Uriel Herman Jazz Quartet 以色列乌瑞尔赫曼爵士钢琴四重奏音乐会

18 Thu
Date: Thu, Oct 18th
Time: 19:30
Price: 80,120,180,280,380
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
Tel: +86 22 8388 2000



Pablo Amorós Piano Solo Concert 西班牙钢琴家帕布洛·阿莫罗斯钢琴独奏音乐会

21 Sun
Date: Sun, Oct 21st
Time: 19:30
Price: 80,120,180,280,380, 420(280x2),530(380x2)
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
Tel: +86 22 8388 2000



Sense & Sensibility by Chapterhouse Theatre Company 英文原版话剧《理智与情感》

23 Tue
Date: Tue, Oct 23rd
Time: 19:30
Price: 80,120,180,280,380, 450(280x2), 600(380x2)
Venue: Jinwan Grand Theater
津湾大剧院



Renaud Capuçon & Camerata Salzburg 小提琴大师卡普松与萨尔茨堡室内乐团音乐会

25 Thu
Date: Thu, Oct 25th
Time: 19:30
Price: 80,160,220,300,380,460,520
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
Tel: +86 22 8388 2000

19 Fri

Date: Fri, Oct 19th
Time: 19:30
Price: 80,120,180,280,290(180x2), 450(280x2)
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
Tel: +86 22 8388 2000

Regina Chernykh Piano Solo Concert 乌克兰钢琴家瑞吉娜·车尼彻科 独奏音乐会



20 Sat

Date: Sat, Oct 20th
Time: 19:30
Price: 80,120,180,280, 280(180x2),420(280x2)
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
Tel: +86 22 8388 2000

Argentine MJC Trio (Jazz Tango) 阿根廷MJC爵士探戈三重奏



21 Sun

Date: Sun, Oct 21st
Time: 19:30
Price: 100,180,280,380, 460(280x2), 660(380x2)
Venue: Jinwan Grand Theater
津湾大剧院

Classical Concert: Canon In D 卡农Canon In D永恒经典名曲精选音乐会



26 Fri

Date: Fri, Oct 26th
Time: 19:30
Price: 120,180,280,480,680,880
Venue: Tianjin Grand Hall
天津大礼堂

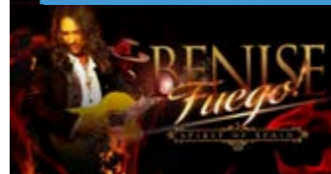
COFFEE TIME, Russia's Pure Vocals Rock Band 《光辉岁月》——阿卡贝拉纯人声演唱会



26 Fri

Date: Fri, Sat, Oct 26th, 27th
Time: 19:30
Price: 100,200,300,400,500
Venue: Jinwan Grand Theater
天津津湾大剧院

Fuego! (Spirit of Spain) by Benise 2018 班尼斯《烈焰》



28 Sun

Date: Sun, Oct 28th
Time: 19:30
Price: 80,180,280,380,480
Venue: Jinwan Grand Theater
津湾大剧院

The 1900 Film Piano Concert-Gilda Butta 海上钢琴师“原声演奏家——吉达·布塔钢琴视听音乐会



SPECIAL DAYS



01 Chinese National Day

On this day in 1949, Chairman Mao Zedong officially declared the birth of the People's Republic of China (PRC) during a historic ceremony at Beijing's iconic Tiananmen Square. Chinese National Day, and the few days of holidays surrounding it, is perhaps the second most important festival in China. Only the Spring Festival/ Chinese New Year is celebrated on a grander scale. During this festive period Chinese people enjoy visiting loved ones and celebrating the birth of their nation. It is also a great time for foreigners to enjoy some much needed time off work, although travellers beware: plane and train ticket prices to most destinations in China will be sky high.



16 World Food Day

World Food Day was first launched in 1945. The reason World Food Day was created was to celebrate the launch of the United Nation's Food and Agriculture Organisation. The main principle which World Food Day celebrates is the furtherance of food security all over the world, especially in times of crisis. Launch of Food and Agriculture Organisation by the UN has played a huge role in taking this worthy goal forward. Its annual celebration serves as a marker of the importance of this organisation and helps to raise awareness of the crucial need for successful agriculture policies to be implemented by governments across the world to ensure there is ample food available for everyone.



25 International Artists Day

International Artists Day honors those creative souls that will leave a record of today for the future that can't be captured in history books. The anguish and joy of the human soul is portrayed through the haunting tones of a melody, the violence and fury caught in a photograph, or the serene gaze of a statue staring off into eternity. The best way to celebrate International Artist Day is to support your local artists. Most communities have local artists that encompass the unique personality of both the community they live in, and the personality of that artist. Museums and Art Galleries can be another way to celebrate this day, and many of these offer classes in creative arts. So visit your local artistic establishments, and maybe enroll in something to add a new skill of self-expression to your life.



29 Internet Day

Internet is everywhere these days, and can be accessed on phones and tablets, tied into our cameras and our TV's. Wi-Fi is accessible from everywhere these days, from city buses to your neighborhood's McDonald's, and the world grows smaller every day as a result. Internet Day is a celebration of this culmination of computing and communication technology, and the way it has brought all our lives together. Why don't you start your celebration of Internet Day by visiting the original website, which just so happens to still be online!



31 Halloween

Ah, it's that time again; the universal celebration of all things scary. It's time to dig out those witch, vampire, werewolf and mummy costumes and paint the town red. Luckily for us Western folks, Halloween is no longer just a party period for the Anglosphere. Here in China the Halloween industry has been booming over the recent years. All over Tianjin you can expect to find all kinds of weird and wonderful party zones in which you can chill out with a few drinks and laugh at other people's crazy costumes.

Autumn Super Fun Season @ The St. Regis Tianjin



A refreshing autumn day begins, the season for exploring adventures starts. At this golden autumn, The St. Regis Tianjin invites you and your family to experience the exclusive combination of luxury brand service and fun places together. The St. Regis Tianjin continues the century-old luxury classic brand service, with Tianjin's popular local entertainment venues-The collection of the Tom's World, the Zoonly and the classic Haihe Cruises, are designed to provide you and your family perfect choices for autumn trip.

If you book the entertainment packages on (<https://www.marriott.com/hotels/travel/tsnrx-the-st-regis-tianjin/>) while you enjoy the luxury and cozy rooms in the hotel, you are also entitled access to different entertainment venues, you could choose from The St. Regis official website which places you want to take your family to go. The St. Regis has tailored a colorful and diverse Tom's world for kids who love games. You can play with your kids and enjoy a fun-filled parent-child time. For kids who love animals and nature, The St. Regis recommend the Zoonly, whether it is a cute little raccoon, a rare kangaroo or the most intimate capybara, you can interact with them in the Zoonly; Or Haihe Cruise package-take a cruise on the beautiful Haihe River with your family. Appreciating the beautiful night view may be a classic and romantic choice for this autumn day.

On a beautiful autumn day, bring your family to The St. Regis for a fun trip!

For inquiries and reservations, please call +86 22 5830 9933.

Brand New Buffet Dinner @ Four Seasons Hotel Tianjin

It is marvelous to enjoy a fabulous international-class buffet dinner in a starlit restaurant this autumn. Buffet is always popular by the local food lovers no matter, especially for family and friends gathering. A fine buffet reflects a quality and satisfying vision and taste in a stylish atmosphere. Cielo Western Restaurant of Four Seasons Hotel Tianjin launches the new buffet dinner for guests to an extraordinary gourmet feast.

The Hotel Executive Chef Cyril Calmet, who is from France with seasoned international culinary experiences, is thrilled to design and debut this brand new buffet dinner. Guest can enjoy a varied array of quality buffet favourites in an elegant ambiance of the best environment in town, featuring selected seasonal seafood room, "Pastry Queen" Chef Christy's creative dessert room, selected grilled meats, authentic South East Asian flavor, organic Mediterranean flavor, selected Chinese flavor and on-site wine & drink station with wide choices.

Price: CNY 498+15% per person. The Hotel's official wechat followers can enjoy 25% discount from Sunday to Thursday while 20% on Friday and Saturday

Date: Valid from 28th September, 2018 until 31st October, 2018

Venue: Cielo Restaurant, Four Seasons Hotel Tianjin

Find out more details, can contact Cielo at: +86 22 2716 6263 / 6688.



Hairy Crab Feast @ Renaissance Tianjin Lakeview Hotel



Hairy Crab has been known as a gourmet delicacy in China for hundreds of years especially during autumn. Renaissance Tianjin Lakeview Hotel will entertain our guests with the freshest hairy crabs in the original way and varieties of crab dishes.

From this October, New Dynasty Chinese Restaurant will offer guests a season limited menu of "Hairy Crab Feast" at lunch and dinner for your family reunion during the National Holiday.

Venue: New Dynasty, Renaissance Tianjin Lakeview Hotel

For more information please contact New Dynasty via +86 22 5822 3110/3111.

兵马俑： 探索中国历史上最引人入胜的谜语

在这本书中，爱德华·伯曼 (Edward Burman) 回顾了对中国西北部秦始皇陵考古发掘的情况，以更好地理解公元前三世纪的中国。

秦始皇陵中有8,000多个兵马俑雕塑，还有140多架战车和战马，人们当时为什么要做这些、以及做这些的方式是什么，仍然是个谜。伯曼一开始阅读了历史学家司马迁对第一次发现秦始皇陵时的描述。秦始皇是秦朝第一位皇帝，以统一六国而著称。然而却被死亡和来世所困扰，这也是为什么他会修建陵墓，来安放他的身体，同时殉葬的还有奴隶和妃嫔。强调这些在最初发现这座陵墓时就遗留下来的问题，使用先进的技术修复工具重新挖掘陵墓，伯曼很快超越这个世界对陵墓的所知。

这本书引用了超过200条引文，任何对中国、古代历史或者考古学感兴趣的读者都会为这本学术著作而着迷。



THE TERRACOTTA

WARRIORS: Exploring the Most Intriguing Puzzle in Chinese History

Author: Edward Burman

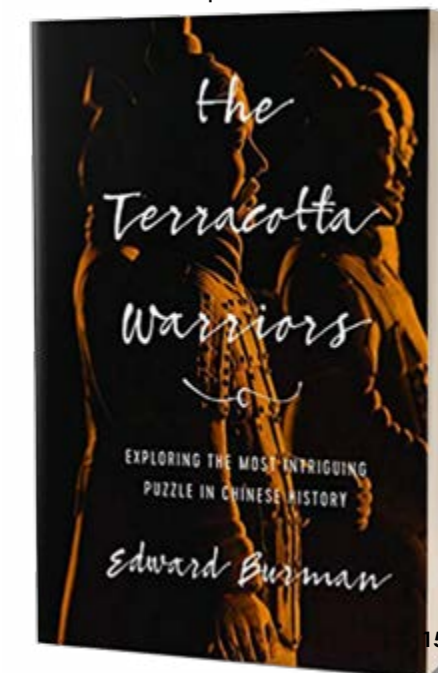
In this book, Edward Burman examines the recent archeological excavations on the mausoleum of the Qin Emperor in northwest China in a quest to better understand the 3rd century BCE China. Burman, a British scholar, and foreign advisor for the city government of Xi'an was afforded unique access by Shaanxi's cultural authorities, and hence he was able to comprehensively cover more ground on uncovering more history and its emerging theories.

Inclusion of more than 8,000 life-size terracotta warrior sculptures, replete with 140 battle chariots and horses in the burial site have always posed a question on their purpose. Another enigma pertains to their original source since kilns during that time were too small to create these massive statues, as per Burman's academic work.

Burman begins with historian Sima Qian's picturesque account of the first discovery of the lavish mausoleum to honor Qin Shi Huang, the first emperor of Qin Dynasty who was renowned for uniting six warring states of China to form one empire. Thereafter, he proceeds by recounting the Emperor's obsession with death and after-life which guides the readers in understanding the rationale behind the

elaborate funeral complex with its sculptures of heavenly bodies, artifacts and even sacrificial human slaves and imperial concubines having been entombed together with him. Underscoring the questions that were left hanging from the initial discoveries, Burman gets to tackle these mysteries given the new round of excavations and advanced technological restoration tools which he posits will well surpass what the world has originally known.

With more than 200 citations, any reader interested in China, ancient history or archeology will be fascinated at this extraordinary academic masterpiece.





清东陵

EASTERN ROYAL TOMBS OF THE QING DYNASTY

By Leticia Navas

清东陵是中国文化遗产的一部分，联合国教科文组织在2000年将其列入世界文化遗产，并称之为“人类创造性天才的杰作”。但是清东陵不仅仅是陵墓，它还远离喧嚣，让你忘记吵闹的都市、拥挤的交通和生活的压力，去拥抱自然，呼吸新鲜空气。

宏伟的清东陵坐落在距离天津不远的河北省遵化市，占地80平方公里，四周群山环绕，绿树成荫。共有5位皇帝、15位皇后、136位妃嫔、三位皇子、两位公主长眠于这15座陵墓中。

清朝建立于1644年，是中国最后一个封建王朝。建立清朝的满族人最初居住在现今的辽宁、吉林、黑龙江，他们的语言、文化、政治制度和汉族人建立的王朝不同。但是清朝初期的统治者并没有推行满族文化，而是很快接受了汉族文化，却并没有被汉化。

清东陵与周围的自然环境相得益彰，遵守了中国风水的核心理论。清东陵位于一个山谷中，周围的山脉是“龙脉”的一部分。这条龙没有沉睡，而是张开双爪，像是在保护着山谷。陵墓的分布有特定的顺序，取决于墓主的地位和资历。中国古代埋葬制度在清朝达到了顶峰。

清东陵埋葬的第一位皇帝是顺治，从顺治帝陵墓入口的石拱门到墓室有6公里长。这座有着400年历史的陵墓保存了原始的形状。

从美学角度看，乾隆皇帝的裕陵是最漂亮的一座。他登基几年以后，就开始建造两座陵墓，一座给自己，另外一座给他的皇后和35位妃嫔。墓室在地面以下54米，墓室墙壁上的装饰、佛教图案等和保存在那里的珍宝有着不可估量的美学价值和历史价值。

Located not far from Tianjin are majestic Qing tombs resting for all eternity. These tombs are part of the culture heritage of China and were named World heritage site by UNESCO in 2000. UNESCO described the place as a "masterpiece of human creative genius". But Qing Dong Ling is not only about mausoleums, its special location in the middle of nowhere will cause you to forget about the chaotic city, the traffic jam or the stress of your daily life to embrace nature and breath fresh air. Besides, it does not get many visitors, sometimes you find yourself walking alone.

Qing Dong Ling, on being translated to English is 'Eastern Royal Tombs of the Qing Dynasty', is situated in Zunhua county level city near Tang Shan in Hebei province. The 80 square kilometers complex is surrounded by mountains and trees. A total of 5 emperors, 15 empresses, 136 imperial concubines, 3 princes and two princesses are buried in altogether 15 mausoleums.

Qing Dynasty was the last imperial Dynasty in China. Also known as the Manchu Dynasty, due to its origins, it was founded in 1644. The Manchus were a group of tribes living in what it is today Liaoning, Jilin and Heilongjiang provinces. Its language, culture, political administration etc., were different than the ones established in China by Han dynasties. However the first rulers didn't impose their culture, and rather adapted rapidly by assuming Chinese characteristics without becoming Chinese.

Nestled amidst nature, the whole complex follows the basic theory of the Chinese Feng Shui. The location is perfectly set in a valley surrounded by a range of mountains which are part of what is called "the dragon's artery". This dragon is not resting but it is opening its arms simulating a hug in a protective attitude towards the Valley. The energy of the place flows through the meridians north to south. Also the components of the soil, vegetation and flow of the water in this particular site are in perfect harmony, making it the best location for the Qing tombs.

At it seems, creation of perfect atmosphere for their place of burial, was very important to the leaders of the Qing Dynasty. Distribution of the mausoleums along the place has a specific order according to the rank and seniority of the person buried. The burial system in China reached its peak with the Qing rulers.

Their mausoleums inherited, reformed, and improved the system established by the emperors of the Ming dynasty. In Qing Dong Ling, visitors can admire 508 different types of buildings, including



mausoleums, ceremonial buildings, temples, memorial towers, etc., that also show the evolution of the burial system during the last Chinese imperial dynasty.

Some of the most relevant rulers of this period are resting in Qing Dong Ling. The first emperor to have been buried here was ShunZhi. His chamber is located in the principle meridian just right at the foot of the central mount ChangRui showing his superior position. The 6km long sacred way leads from the stone archway to his chamber and is divided into three sections. Beautiful and somehow estranged sculptures of all kinds decorate part of the way. The nearly 400 years old building still preserves its original shape. Shunzhi instructed his son for rendering his mausoleum unostentatious and not to keep treasures and luxury items within. Not even the bodies are buried there because, following the Manchu tradition, the corpses were cremated.

But maybe the most beautiful mausoleum, from the artistic perspective, is Yu Ling, the tomb of the emperor Qian Long. Some years after he was enthroned the construction of the two burial buildings - one for him and another one for the empress

and his 35 concubines - were started. As he had ordered, the burial chamber is 54 meters underground. The decoration of the walls, the carvings with Buddhist motives, dragons, lions and the treasures kept there have an immeasurable artistic and historical value. Many legends surround his tomb. The writings on the walls are spells in an ancient language that nobody has been able to translate till date.

During the 20th century, three expeditions were sent to open Shunzhi's tomb. The first two ended in failure, making the legend of a protecting dragon more alive than ever. However other mausoleums weren't that lucky. The tomb of the empress Cixi or the emperor Qian Long, were ransacked in a beastly fashion. The looters took away every valuable object and left the corpses scattered, making some of them impossible to identify.

Qing Dong Ling is still the largest imperial burial site and it is also the best preserved. The original structure of the buildings the colours and the carvings and decorations, the archways and the sacred ways are as they were during the Qing Dynasty. It is an extraordinary place to relax and present a unique opportunity to walk through a part of the history of China.



IST GREEN TEAM SOLAR PANEL PROJECT

BE PART OF A GREEN INITIATIVE!

加入天津的绿色环保行动！



Photo by Trey Craig

Have you always wished you could contribute in some way towards making the air quality better or the environment more sustainable? Well's here's your chance to be a part of something that is actually making a difference right here in Tianjin! And more importantly, it has been initiated by students!

During the celebration of Earth Week in April 2018, the International School of Tianjin (IST) launched a green environment initiative that was led by a group of middle school students known as the "Green Team" and that initiative was called the "IST Green Team Solar Panel Project". Backed by the school's administration and Board of Governors, this inspiring project aimed to install 380 photovoltaic solar panels on the roof of one of the two school buildings known as the Han Building, so as to cater to the lighting requirement of Han Building using clean, renewable energy!

你有没有想过为让空气变得更清新或者让环境变得更美好做点儿贡献呢？现在你有机会在天津参加这样的活动，更重要的是，这些活动是由学生发起的哦！

天津经济技术开发区国际学校天津分校的中学生在2018年4月地球周期间发起了一项绿色环境计划，计划在其中一栋教学楼的楼顶安装380个光伏太阳能板，足够该教学楼在照明中用上清洁、可循环能源。

活动发起的第一天就收到了捐款，截止到目前，该学校及其友人共赞助了其中的170块太阳能板的费用，还有200多块太阳能板等待捐款。同时，在暑假期间，IST已经在汉楼教学楼顶安装了所有太阳能板，这个“绿色小组太阳能电池板项目”正式发出了清洁、绿色的电能。一台监视屏持续显示着产生的清洁能源的变化。

但是，还有200块太阳能电池板仍等待捐款，每块需要2000元人民币。捐款人能够得到捐款认可委员会以及学校网站的认可。捐款人的名单也将在学校微信公众号上做每周更新公布。

绿色环保小组非常感谢收到的捐款，希望更多的捐款人能前来捐款，将剩下的太阳能电池板安装完。每一笔捐款都很重要，无论数额大小，绿色小组都感谢您的付出。

绿色环保小组还欢迎公司加入捐款的行动，公司赞助人的等级和回报请详见下表。



TOP 10 FOODS



在中国必吃的十种美食

You Must Eat in China

By Evelyn Rubenstein

让你沉浸在旅行目的地国家的最好方式就是想吃就吃！在你自己国家的中国餐馆你可能吃过几种中国美食，但是在中国吃地地道道的中国美食却是一种完全不同的经历。

1. 北京烤鸭

我们推荐的第一款美食就是著名的北京烤鸭，它源于北京，象征着传统的中国食物。北京烤鸭外焦里嫩，美味可口。早上这道菜也是一种艺术，厨师或者服务业会当着客人的面把鸭子切成片。此外还配有美味的煎饼，客人把肉、小葱和酱一起卷到煎饼里，吃起来非常美味。

2. 松花蛋

松花蛋又叫做世纪蛋，是将鸡蛋、鸭蛋或者鹌鹑蛋包裹在粘土、灰、盐、生石灰和稻壳中，放置几周或者几个月而制成的。最后，这些单变黑，呈胶状。它经常作为一碟小菜，可以单独吃，也可以放在其他菜上吃。味道比平常煮鸡蛋的味道稍微重一些。

3. 肉夹馍

“肉馅三明治”或者中国版的汉堡包是在全中国街边常见的一种食物。两个面片中

夹着卤制过的猪肉，非常美味。此外，还可以yoga牛肉和羊肉。每家做的肉夹馍味道都各不相同。

4. 大闸蟹

在上海和青岛这些沿海城市里，大闸蟹是一种常见的海鲜。螃蟹被煮熟，配着蘸酱一起吃。第一次可能会有点儿吓人，但是大闸蟹的味道鲜美，蟹黄含有丰富的乳脂。

5. 夫妻肺片

夫妻肺片是一种非常受欢迎的四川美食，是一种室温条件下的凉菜。配料包括牛肉片、牛舌、牛肚，用各种调味料如花椒、辣椒油和黑醋调制而成。夫妻肺片吃起来很辣很麻，成本低，价格优惠，吃饭前可以先用来垫垫肚子。

6. 小笼包

中国有很多蒸食，小笼包就是其中的一种。还有一种叫做灌汤包。小笼包是在小笼或者蒸笼中蒸熟的。小笼包的皮儿里包着猪肉、海鲜和蔬菜。

7. 麻婆豆腐

还有一款有着100年历史的中国美食——四川的麻婆豆腐。麻婆豆腐吃起来很辣，

但是却和软软的豆腐搭配的很好，用豆腐和小葱、肉末制成。用到的调味料有辣豆瓣酱、豆豉、辣椒油、辣椒段和花椒。麻婆豆腐经常和米饭一起吃。

8. 饺子

这是另一款饺子，也是在庆祝新年时常吃的一种传统食物。肉和蔬菜抱在一层薄薄的面皮中。饺子可蒸可煮可煎。包饺子不仅仅是做一顿美味的食物，还是一家人重要的活动。

9. 煎饼

如果你想吃早餐，煎饼就是中国的“街边早餐”。和油煎薄饼有点儿像，配料有小麦粉和谷物粉、鸡蛋和酱。还可以放进去各种配料，比如香菜、葱、海鲜酱等等。尽管全中国各地都有煎饼，但是天津煎饼最为美味。

10. 糖醋里脊

在中国，最常见的一道菜就是糖醋里脊，或许它不是最受欢迎的，但是几乎各地都有这道菜。酱的甜味和酸味混合在一起让猪肉变得更脆更嫩。因为这道菜实在太受人欢迎，其它国家也开始做这道具有当地特色的糖醋里脊了。



Donations started pouring in right from Day 1 and till September 25th, 2018, around 170 of the 380 panels have been paid for by the generous IST community and friends. There are 200+ panels still awaiting donations. Meanwhile, over the summer break, the panels were installed on the roof of the Han Building and the **Green Team Solar Panel Project is now officially generating clean, green electricity.**

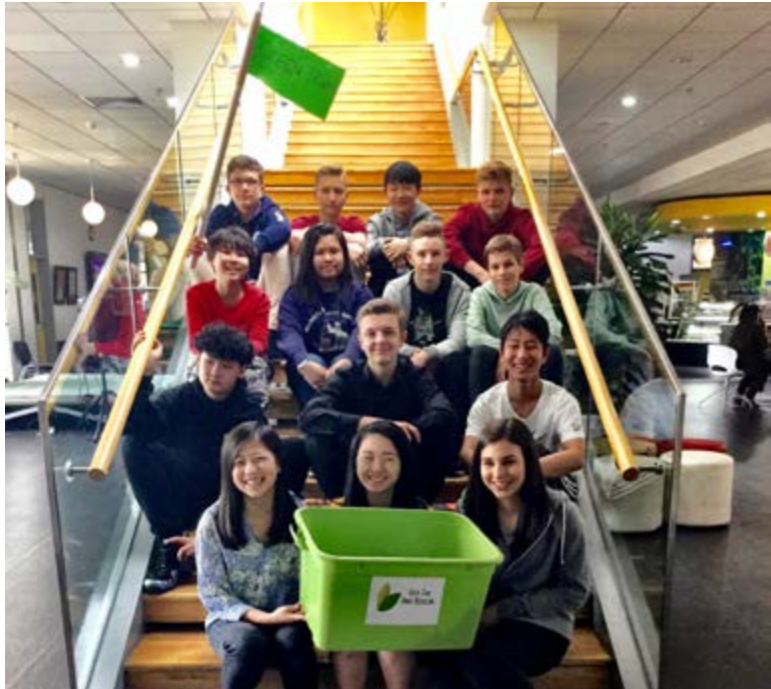
A monitor screen is continuously showing measurements of the difference this clean energy is making to the environment.

However, 200+ panels still need donors. Each panel costs RMB 2000. Donors are recognized on a Donor Recognition Board as well as on the school's website. Donor names are also shared on the school's WeChat updates every week as well as the IST weekly newsletter.

The Green Team is truly thankful for all the donations received so far and is requesting for more donors to come forward and sponsor the rest of the solar panels. Every donation matters. Whether you donate RMB 50 or buy one panel or 50 panels, the Green Team appreciates your contributions. Corporate donors for the IST Green Team Solar Panel Project are very welcome. Please check adjacent table for the corporate sponsorship levels and benefits schedule.

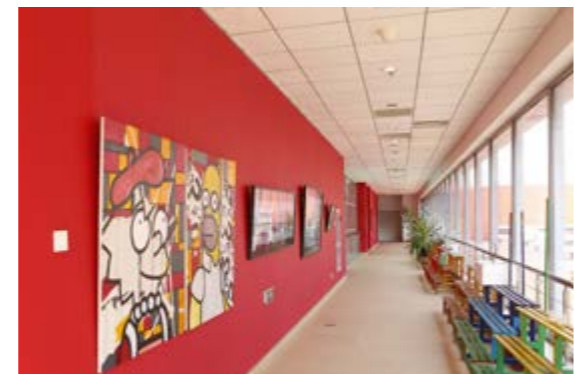
Please note that the school can only issue receipts for tuition, and therefore donations must be given in the understanding that the School's Finance Office is unable to issue official tax receipts (fapiao). Companies committed to the cause can of course, choose to donate and pay tax on the donation.

IST GREEN TEAM SOLAR PANEL PROJECT			
Corporate Sponsorship Levels and Benefits			
LEVEL No.	PANELS DONATED	LEVEL NAME	DESCRIPTION OF BENEFITS
1	11-24	CORPORATE SPONSOR	Logo on specially designed donor plaque; recognition and logo on school website with link to donor company's website; mention in IST's weekly Blaze newsletter
2	25-49	BRONZE CORPORATE SPONSOR	Level 1 benefits plus mention on IST social media
3	50-99	SILVER CORPORATE SPONSOR	Level 1 & 2 benefits plus free 1/2 page advert in IST Yearbook
4	100+	GOLD CORPORATE SPONSOR	Level 1 & 2 benefits plus free full page advert in IST Yearbook and an individual plaque



Donor forms can be had from the School's Reception or from the school's Advancement Office or alternatively can also be downloaded from the school's website: <https://www.istianjin.org/our-community/ist-solar-panel-project>

Please contact Amrita Singh at amrita_singh@istianjin.net for further details and a sponsorship registration form.





1. PEKING DUCK

First on our list is the famous Chinese Peking Duck. This dish originated in Beijing and it symbolizes traditional Chinese food. Some of the best restaurants are located in Beijing but the Peking duck can be found all over the country. It is cooked in a way that the skin is crispy with juicy meat on the inside. Serving this dish is also a form of art, as the chef or server usually slices the dish in front of the guest. It is also served along with savory pancakes wherein guests usually wrap the meat within with spring onions, and sauce for a more delectable taste.

2. CENTURY EGG

Also known as thousand-year-old egg, this food is made by preserving chicken, duck, or quail eggs in a combination of clay, ash, salt, quicklime, and rice hulls. It is stored for a time-frame ranging from several weeks to months. The result is that the egg becomes black and gelled. It is served as a side dish, and is eaten on its own, or topped on other dishes, the taste maybe a bit flavorful and stronger than your typical hardboiled egg.



3. ROUJIAMO

“Meat Sandwich” or your Chinese version of a burger is common street food all over China. A doughy flatbread bun is stuffed with pork stewed in seasoning to impart a savory taste. Alternative form of meat is also used, such as beef and lamb. Cooking of this food varies from one vendor to another.

4. HAIRY CRAB

Found in coastal cities of Shanghai and Qingdao, hairy crab is a seafood favorite. The crab is steamed until cooked and is served as it is with dipping sauce, such as vinegar. It may be intimidating for someone having it for the first time, but the meat is sweet and the roe of the hairy crab is creamy.



5. FUQI FEIPIAN

This popular Sichuan dish is served cold or at room temperature. Ingredients comprise of slices of beef, tongue, tripe, and are seasoned with various spices like Sichuan pepper, chili oil, and black vinegar. The taste is spicy and mouth-numbing. This dish is cheap because of its low cost ingredients but the taste is what makes diners grab a bite.



6. XIAOLONG BAO

China has a variety of steamed buns, and xiaolongbao is one of the most well-known varieties. It is also referred to as a type of soup dumpling. The dish is prepared in a Xiaolong or a steaming bamboo basket. The buns are filled with pork, seafood, or vegetables and are wrapped in thin dough.

7. MA PO TOFU

Another 100 year old Chinese recipe, this dish hails from Sichuan province. Characterized by its hot spicy taste and milky consistency, tofu is mixed with green onions and minced meat. Flavors used are chili broad bean paste, fermented black beans, chili oil, chili flakes, and Sichuan peppercorns. This dish is usually served along with rice.



8. MOONCAKES

This Chinese delicacy is eaten during the mid-autumn festival. It is traditionally offered to friends and family during gatherings and it symbolizes the Chinese culture of completeness and togetherness. Mooncake is a round pastry with a sweet dense filling and contains a whole salted egg in the center. Flavors depend on the region but they are usually red bean paste, lotus seed paste, chocolate, or green tea. This pastry is eaten in small slices with tea served on the side, and is shared with family and friends.



10. SWEET AND SOUR PORK

The most common if not one of the most popular Chinese dishes that you can find almost everywhere is the sweet and sour pork. Combination of sweetness and sourness of the sauce complements the pork's crispy and tender meat. Because of the dish's popularity, other countries have adapted their version of this recipe.



9. JIANBING

If you're craving for breakfast food, Jianbing is China's "street breakfast." Similar to crepes, the ingredients consist of wheat and grain flour, egg, and sauces. Different fillings can be used, such as cilantro, scallions, hoisin sauce, and more. It is always made fresh, which is proven from the crispness of the batter. Jianbing is a typical street food and can be found in most cities and regions in China, but in Tianjin you can find one of the best.



By Ellen Morris

在炎炎夏日吃一份香辣、酸甜又可口的青木瓜沙拉能给您带来一丝清凉，一碗配有蔬菜的绿咖喱也能触动您的味蕾。这个夏天在北京为什么不去吃具有异国风情的泰国美食呢？可以给您夏日时光加点儿料哦。接下来给大家介绍一些泰国餐厅，大家可以去试试。

青柠泰餐厅

这是一家精致小巧的泰式餐厅，位于中央公园。老板是一位非常可爱、优雅的女士，英语流利。这家餐厅提供美味、价格合理的泰式料理。我们推荐红烧咖喱鸡配木瓜沙拉。如果你爱吃辣，他们也可以把它做得很辣，让您吃的汗流浹背。

地址：朝阳区朝阳门外大街6号新城国际15号楼103店
营业时间：周一到周日：上午11:30到凌晨12:00
价格区间：\$\$

Cacha Cacha泰北风味

这家餐厅的菜品很丰盛，有咖喱、米饭、面条、沙拉、蘸料、开胃菜、烧烤，当然还有各种甜点。在这里能让您片刻逃离北京，感受温暖的气候。

地址：朝阳区三里屯路11号院太古里北区地下一层NLG-45单元
营业时间：11:00am ~ 10:00pm
人均消费：\$\$

泰廷泰式料理

“泰廷”泰式料理餐厅静静地坐落在北京的一个角落。这家餐厅有100个座位，菜品都是由来自泰国的泰国厨师烹饪的，招牌菜都是当前在英国、日内瓦、曼谷和新加坡的流行菜肴。还专门设计了新菜品，满足北京美食家们的口味。

地址：北京东城区金宝街88号金宝汇购物中心6楼
营业时间：周一到周日：上午11:30-下午2:30，下午5:30-晚上9:30
价格区间：\$\$\$\$

荷花泰菜

在这家泰国餐厅，您可以看到中央广播电视塔，在午餐时为那些在CBD大楼中工作的人们提供美味的泰式料理。我们推荐青木瓜沙拉和冬阴功汤。

地址：朝阳区建国路87号华贸购物中心B1号
营业时间：周一到周六：上午11:30-下午2:30；下午5:00-晚上11:00
价格区间：\$\$

Very Siam非常泰

这家餐厅设计精巧，夺目的灯光、优美的泰式艺术品装点着这个白色的建筑物。在这里，您可以吃到香辣虾、木瓜沙拉、咖喱鸡和泰北辣牛肉，当然还有鲜芒果刨冰。这里可举办30个人的聚会，还有英文菜单和午餐套餐。

地址：北京东城区东打磨厂街7号
营业时间：周一到周六：上午11:30-下午11:30
价格区间：\$\$

令人惊叹的泰式餐厅

AMAZING THAI RESTAURANTS



LIME THAI RESTAURANT

This is a quaint little Thai place in Central Park. The manager is a really sweet and charming lady who is eloquent in English. The restaurant offers good and reasonably priced Thai Food with some vegetarian options. We endorse the Red Curry with Chicken as well as their Papaya Salad. If you are a spice lover, they can definitely spice it up and make you sweat!

Address: Shop 103 Building 15, Xincheng International, No.6 Chaoyangmen Wai Street, Chaoyang District
Open hours: Mon-Sun: 11:30 am – 12:00 am
Price range: \$\$

CACHA CACHA

The menu is plentiful, with curries, rice and noodle options, salads, dips, appetizers, items off the grill, and last but not certainly not least, desserts. Lunch time menu gives a choice of four mains, an appetizer from a choice of three, and a drink (sweet and refreshing Thai teas and coffees, hot or cold) for RMB 78-88 – excellent value in our opinion. It's more than enough food to keep you going for the rest of your workday, and escape from Beijing towards warmer climes is a welcome change.

Address: NLG45, B1/F, Taikoo Li North, 11 Sanlitun Lu, Chaoyang District
Open hours: Mon-Sun: 11:00 am – 10:00 pm
Price range: \$\$



PATARA FINE THAI CUISINE

The grand dame of fine Thai cuisine, "Patara" quietly settles in Beijing during the serene mid-autumn festival. This one hundred-seat restaurant sits on the 6th floor of the building. The restaurant boasts of dishes that are prepared by Thai chefs, all flown in from Thailand. The menu features signature dishes that are popular in Patara UK, Geneva, Bangkok, and Singapore. There are also new dishes specially created to please Beijing gourmet taste buds.

Address: 6th Fl., Jinbao Place, 88 Jinbao Street, Dongcheng, Beijing
Open hours: Mon-Sun: 11:30 am – 02:30 pm; 05:30 pm – 09:30 pm
Price range: \$\$\$\$

VERY SIAM

Treat yourself at this exquisite establishment housed in an eye catching white structure



filled with dramatic lighting and elegant Thai artwork. Go for the spicy raw shrimp, papaya salad, curry chicken and northern Thai-style spicy beef, and don't miss out on the shaved ice with fresh mango. This joint has the capacity to host parties of up to 30 people, English menu available and lunch set menus available. An added attraction is a small shop on-site sells Thai trinkets.

Address: 7 Dong Da Mo St, Beijing
Open hours: Mon-Sat: 11:30 am-11:30 pm
Price range: \$\$



LOTUS THAI

This Thai restaurant offers a view over the CCTV tower and serves Thai food to a hungry CDB lunchtime crowd. We recommend the green papaya salad and tom yam gong.

Address: B1 Huamao Shopping Centre, 87 Jianguo Lu Chaoyang District
Open hours: Mon-Sat: 11:30 am-2:30 pm; 5:00 pm – 11:00 pm
Price range: \$\$

FOCUS, PASSION AND ART

Tasting Edison Liu (刘涛) masterful creations



When you are a five-star hotel brand with a reputation that precedes you, you need to hire a top-notch chef to continue cooking up that sizzling success. Kudos to St. Regis Tianjin as that is exactly what they have done. After being poached back to his hometown from Hainan, Tianjin Plus is excited to present Edison Liu, who promises to use his youth and passion to win over the bellies of his guests.

New Executive Chef at St. Regis Tianjin

《津品生活》本期要介绍的是刘涛厨师，他承诺要将自己的青春和热情用于俘获客人的味觉。

您能简单谈谈您在酒店行业的经历吗？
我在酒店的厨房里工作了近20年。我曾有机会在成都的香格里拉酒店上班，管理了近19名厨师。在北京奥运会期间，我有机会回到北京的酒店工作了。几年后，我理想的酒店——丽嘉酒店——对我发出了邀请，我先在广州上班后来又回到了天津工作。然后，我又去海南省海口市工作了几年以后，很幸运地有机会被提拔成厨师长，在天津瑞吉酒店工作。我觉得自己还年轻，愿意接受这个挑战。

谈谈电视上播出的《明星厨师》？
之前我在北京工作的时候，有25家酒店举办了烹饪比赛。我收到了一个盒子，却不知道里面装了什么东西。在这个比赛中我共赢了三次，每次都不同。我在海口的丽嘉酒店参加了海南省的烹饪比赛，参赛选手来自250家不同的单位，我获得了第一名，后来参加了CCTV-2播出的《厨王争霸》，我做的川菜获得了第一名，但是我不擅长做甜品，因此我的甜品并没有获得第一名。他们后来再次邀请我参加比赛，但是由于时间的关系未能成行。

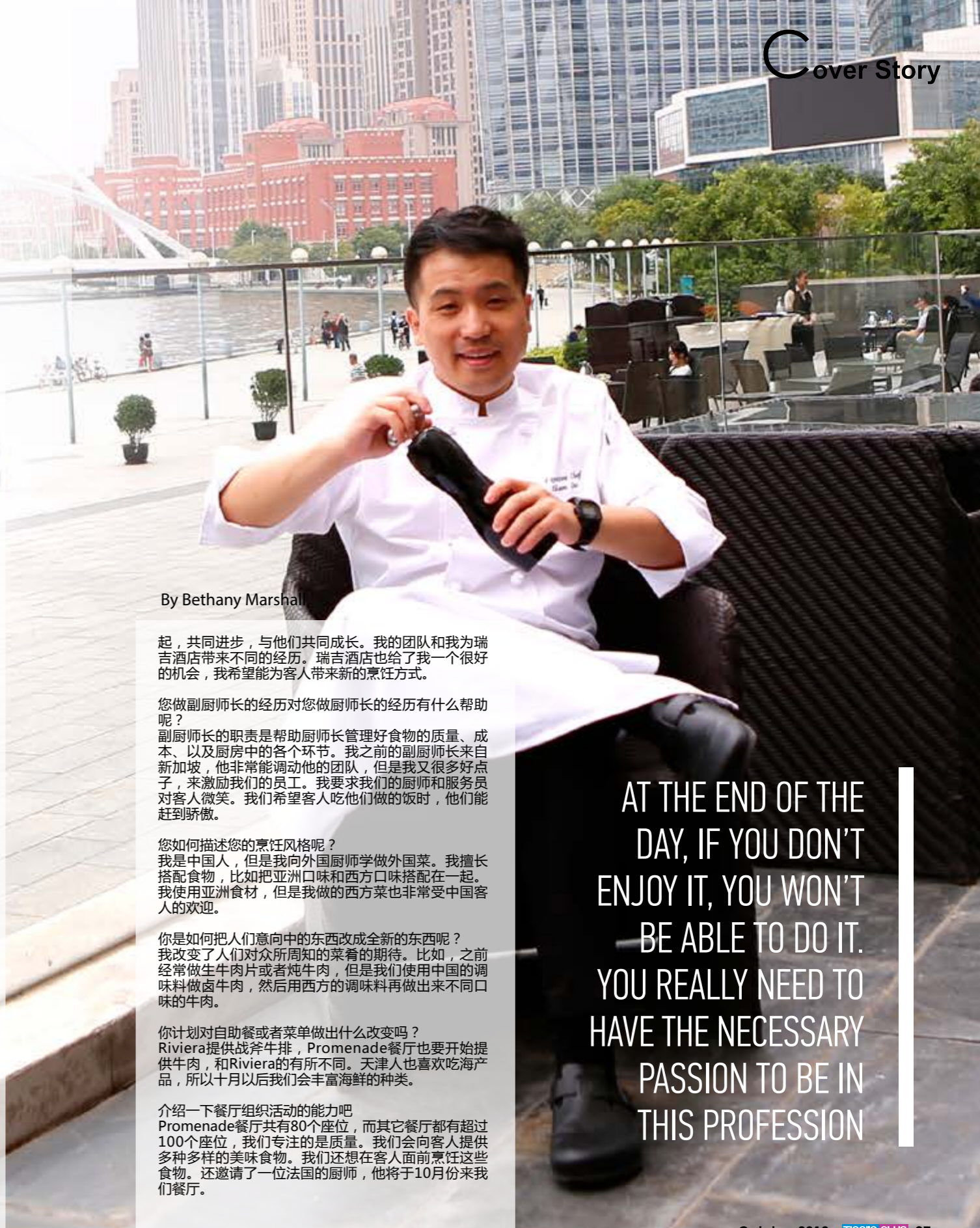
请简单介绍一下在天津瑞吉酒店的工作情况吧。
我们是天津唯一一家能拥有高级餐厅的酒店。Riviera是天津最好的餐厅。最初，它是一家收到地中海烹饪方法影响的法式餐厅。之前Riviera于2016年、2017年和2018年曾四次获奖，被列为包括天津携程美食林的星级餐厅，在天津的498家餐厅中排名第二，是获得该奖项的唯一一家五星级餐厅。

你计划如何发展天津瑞吉酒店的餐饮？
现在人们更喜欢天然的味道，我们需要提高食材的质量。我们打算使用基本食材。比如说牛肉，我就打算让它尝起来更接近其原始的味道。我们是天津唯一一家能够提供如此高质量食物的餐厅，因为这需要投入大量时间，而其它餐厅会考虑成本而不会这样做。我们的质量非常高，所以现在我们将专注于提供更高的服务。

在最初的几个月里，您工作的重点是什么？
我第一个工作重点在Riviera和Promenade自助餐上。我们现在在做内部升级，但是我们的工程部和老板大力支持我们，所以我们能够为客人提供更好的食物。当供应自助餐时更应该做有所提高。

您是如何看待您的专长的呢？
我擅长以多种方式做牛肉，其中一个就是炖牛肉。炖牛肉的时候，温度要保持不变。因为我们不同控制厨房内的温度，我们有专门的设备来储存牛肉。在冰箱中存放大约48个小时后，牛肉就会变得非常软。

您认为瑞吉酒店能给您的工作经历带来哪些益处呢？
这是我首次担任厨师长的职务。我还很年轻、很有激情，我会试着把这种激情带到我的团队中。我们有很多时间都待在一



By Bethany Marshall

起，共同进步，与他们共同成长。我的团队和我为瑞吉酒店带来不同的经历。瑞吉酒店也给了我一个很好的机会，我希望能为客人带来新的烹饪方式。

您做副厨师长的经历对您做厨师长的经历有什么帮助呢？
副厨师长的职责是帮助厨师长管理好食物的质量、成本、以及厨房中的各个环节。我之前的副厨师长来自新加坡，他非常能调动他的团队，但是我又很多好点子，来激励我们的员工。我要求我们的厨师和服务员对客人微笑。我们希望客人吃他们做的饭时，他们能赶到骄傲。

您如何描述您的烹饪风格呢？
我是中国人，但是我向外国厨师学做外国菜。我擅长搭配食物，比如把亚洲口味和西方口味搭配在一起。我使用亚洲食材，但是我做的西方菜也非常受中国客人的欢迎。

你是如何把人们意向中的东西改成全新的东西呢？
我改变了人们对众所周知的菜肴的期待。比如，之前经常做生牛肉片或者炖牛肉，但是我们使用中国的调味料做卤牛肉，然后用西方的调味料再做出不同口味的牛肉。

你计划对自助餐或者菜单做出什么改变吗？
Riviera提供战斧牛排，Promenade餐厅也要开始提供牛肉，和Riviera的有所不同。天津人也喜欢吃海产品，所以十月以后我们会丰富海鲜的种类。

介绍一下餐厅组织活动的的能力吧
Promenade餐厅共有80个座位，而其它餐厅都有超过100个座位，我们专注的是质量。我们会向客人提供多种多样的美味食物。我们还想在客人面前烹饪这些食物。还邀请了一位法国的厨师，他将于10月份来我们餐厅。

AT THE END OF THE DAY, IF YOU DON'T ENJOY IT, YOU WON'T BE ABLE TO DO IT. YOU REALLY NEED TO HAVE THE NECESSARY PASSION TO BE IN THIS PROFESSION



Could you please talk generally about your experience in the hotel industry?

I've been working in the kitchen of the hotel industry for nearly 20 years. After having been given a chance, I worked at the Shangri-La in Chengdu. I managed nearly 19 chefs in the kitchen. During the Beijing Olympic Games, chefs were needed and so there was an opportunity to come back to the Continental section in Beijing. After a few years, I was offered a spot in my dream hotel, the Ritz-Carlton, first in Guangzhou and then moving back to Tianjin. After a change of scenery in Haikou, Hainan, I was then lucky enough to be offered a promotion to Executive Chef here at the St. Regis Tianjin. I thought I'm still young and I'd love to take on this challenge.

Talk about Star Chef, the competition on TV.

Before, when I was working in Beijing for three years, there was a cooking competition for 25 different hotels. I received a box and I didn't know which ingredients were in it. I won all 3 times. Each time was different. I had to cook food from Italy, France, Malaysia, and from everywhere in fact. When I was at the Haikou Ritz-Carlton, I joined a competition in Hainan. There were 250 entities including those from local hotels, enterprises, and restaurants. I won first place and then I joined the "Greatest Chefs"



competition which was shown on CCTV-2. I had to compete with foreign chefs, which wasn't easy at all. I won the first dish and the main course, but I didn't win the dessert. I don't specialise in dessert, but it was a good experience. They also invited me to participate in the second competition, but unfortunately I didn't have time.

Please briefly introduce the restaurants at St. Regis Tianjin.

We are the only hotel to have a fine dining restaurant in Tianjin. This restaurant, Riviera, is one of the best in Tianjin. When it first opened, it was a French restaurant influenced by Mediterranean cuisine. We have been offering dishes such as 'Robbins Island Rib Eye M9 Wagyu' for more than a year now, however since this year in April, we decided to offer around 8 cuts daily. We prepare them and present them to our guests on wooden boards in the hope of up-selling them. We also offer the use of a range of famous steak knives and salts to convert their dining experience into a journey. Riviera has previously won four awards in 2016, 2017, and 2018 including Ctrip Gourmet list's STAR restaurants in Tianjin. It is at number 2 out of 498 restaurants in Tianjin and is the only five star hotel to have won this award. Riviera has also been given praise on Dianping's 'black pearl list', China's answer to the Michelin list.

How do you plan to develop St. Regis Tianjin dining?

Now that people prefer more natural taste, we need to improve the food quality. We're going back to basics. For example in case of beef, we are going to make it closer to the original taste. Right now I am promoting Kobe Beef. We are the only ones who



你如何判断自己做的一道菜是真正有价值的？我们收到很多客人的反馈。我们的厨师会直接和客人交流。不单如此，我们还有销售清单，能看到菜单上哪道菜卖的最好，哪道菜最受欢迎。

你如何调动员工的积极性呢？

每天做菜很无聊。如果每天你都在同样的环境中做同样的东西，你会失去所有的激情，想不出新点子。我鼓励员工去不同的地方旅游，法国、新西兰、澳大利亚，还有中国的广州市和四川省，常常街边的食物，激发他们的创造性。我们经常采用街边食物的做法，改进它们，再给我们的客人吃。

您是如何平衡工作和个人生活的呢？

我每天工作超过14个小时，这就给我的个人生活带来压力。我的太太就经常抱怨我和家人待的时间太短了，但是只要我有时间就会陪他们。

您在这里工作的第一个星期中面对过什么挑战？

这家餐厅于2011年开业，要改变什么非常困难。我在这里的工作刚刚开始，所以对这里的事情要做出改变真的是一个挑战。

您能告诉我们的读者，在餐厅的氛围是怎样的吗？

我还年轻，所以我们并不像老板和员工，而像是家人，他们是我的孩子。每个人都有自己的角色，无论他们的角色多大或者多小，厨房里的每位厨师都很重要。

如果用三个字来总结您做的菜，那会是哪三个词呢？

我会说专注、热情和艺术。我还会关注更多的细节。

天津瑞吉酒店当前会有什么升级吗？

我们的餐厅会提供多种多样的食物，有牛排、海鲜和螃蟹，但是我要强调的就是我们会邀请以为来自艾狄士的著名厨师 Alison 加入我们。在10月19号到20号期间，她会在我们的酒店，我们邀请各位前来观看她做最拿手的食物，和熟练的刀技。

感谢您在百忙之中抽出时间来接受我们的采访。您对您的职业和团队的奉献触动了我们，等不及想尝尝您的手艺了。我们希望您今后在瑞吉的工作一切顺利。





provide such good quality in Tianjin because a lot of time, other hotels may consider the cost and therefore cannot provide such good quality. Our quality is high, so now we can focus on aiming to provide a better service. Our chefs are working on explaining to our guests exactly how to taste it, because we want to let our guests enjoy better Western cuisine.

What has been your focus for the first few months?

My first focus is on Riviera and the Promenade buffet restaurant. We are currently doing internal improvement, but our engineering department and owners give us strong support so we can present better food to our guests. Improvements are necessary, especially where the buffet is concerned. One example would be looking at shortening the preparation time to keep the food fresher.

What do you consider your specialty?

I am specialized in cooking beef in many different ways. One example would be simmering. When simmering beef, the cooking temperature needs to be kept at the same level. As we

cannot control the kitchen room temperature, we have a special machine to store the beef in. This is placed in the fridge and after around 48 hours, the beef will be very tender.

How do you think the St. Regis will benefit from your experience?

This is my first stint as an Executive Chef. I am still very young and very passionate, and I try to lend this passion to my team. We spend so much time together that we progress together and it's like growing up with them. My team and I bring different experiences to the St Regis. The St Regis has given me a great chance to start and I fully intend to bring new ways of cooking to our guests.

How did your experience as a Sous Chef help you as an Executive Chef?

The duty of the Sous Chef is to help the Executive Chef manage food quality, cost, and many of the kitchen processes. My former Executive Chef was from Singapore, and he did a great job in motivating his team. But I have many more new ideas to improve the motivation of employees. We ask our chefs and waiters to smile

at our guests. We want them to feel proud when our guests taste their food.

How would you describe your cooking style?

I am Chinese but I learned about Western cuisine from foreign chefs. I am good at fusing food, for example mixing Asian and Western tastes. I use Asian ingredients, but my Western cooking style really proves to be a hit with Chinese taste buds.

How do you turn something expected into something brand new?

I change people's expectations of well-known dishes. For example, for Beef Carpaccio, raw beef or simmer cooked beef is usually used but we marinate the beef using Chinese ingredients, namely hemp peppers and then also Western spices to present different taste.

Are you planning to change anything from the buffet or menu?

Riviera provides a beef, Tomahawk steak. Promenade Restaurant will also start providing beef, differing from that sold in Riviera. People of Tianjin also like to eat seafood and so after October we

will add more seafood varieties. We have plans for a fish tank to be on the show hosting live, fresh seafood.

Define the restaurants' capacity to organise events.

Promenade Restaurant has 80 seats in total, unlike other hotel restaurants which have more than 100 seats, and we focus on quality. We present a greater variety of exquisite food to our guests. We also want to add more stations so that we can cook in front of our guests. We also extended an invitation to a guest Chef from France who is coming in October. He will present and advise our guests on how to select beef, and I will teach our guests how to taste it.

How do you judge that a dish you've created is truly worthy of the kitchens you are managing?

We receive a lot of guest feedback. Our chefs will communicate with guests directly, but not only this, we also have our sales list. This works by keeping the items which we sell more on the menu, and those which are not so popular are omitted.

How you keep your staff motivated?

Cooking everyday can be very boring. You would lose all of your passion and not be able to come up with new ideas if you were just cooking the same things in the same environment every day. I encourage my staff to go out to visit different places. They should travel to France, New Zealand, Australia, also Guangzhou and Sichuan in China, to taste street food and get their creativity flowing. Believe it or not, we often take street food recipes, improve them, and then present them to our guests. We figure that if these recipes have managed to survive many years and keep attracting those loyal customers, they must be doing something right and so we can also learn from them.

How do you balance your work life and your personal life?

I usually work more than 14 hours a day, which can put pressure on my personal life. My wife complains that I don't spend more time with my family, but when I have the time, that's always where I want to be. At the end of the day, if you don't enjoy it, you won't be able to do it. You really need to have the necessary passion to be in this profession.

What challenges have you faced so far during your first week working here?

The restaurant opened in 2011 and so it is hard to change anything since it is not brand new. I am still in the early days of working here and so having to adjust to how things are done is a real challenge right now.

Can you tell our readers what the atmosphere is like in the kitchen?

I am young, so we are not like a boss and his employees, we are like family members. They are like my kids. Everyone has their role and no matter how big or small their role is, every single one of the chefs in that kitchen is important. We have a total of 77 people in our team with approximately 45 people working at the same time across all of our restaurants.

If you could sum up your cuisine in three words, what would they be?

I'd say focus, passion and art. I also pay attention to the finer details, and I think this is noticeable in my cooking.

Does St. Regis Tianjin have any special promotions at this time?

Our restaurants always have offers on steak selections, seafood and crab selections. But one thing I would like to highlight is that we have invited a famous guest butcher, Alison, from Elders China to join us. Alison will be here with us from October 19th-20th. We invite you all to come and watch her present her best steak selection and excellent knifing skills to our guests.

Thank you, Mr Liu, for taking the time to interact with us. We were touched by your dedication to your profession and your team and cannot wait to taste your masterful creations in future! We wish you all the luck in your new job at The St. Regis Tianjin.



FALL-READY STYLING TIPS

By Evelyn Rubenstein

秋季造型建议

现在是一年中树叶由绿变黄的时节。天津转冷，以秋季为主题的装饰品装点着各家商店。秋天要来了，时尚零售商把他们展示的服装从夏天的裙装变成了毛衣和羊毛衫。以下建议能帮助你们准备好衣服，迎接寒冷的天气！

基本衬衫和羊毛衫或者夹克搭配

不要把衬衣收起来，衬衣是百搭的衣服，可以在寒冷的季节用它们增加层次感。为此，需要用舒服的羊毛衫或者皮夹克来搭配。如果天气非常寒冷，可以在针织毛衣下穿上一件薄衬衣来保暖。

戴一顶帽子

帽子是一种时尚宣言，如果想让自己看起来更漂亮的话，帽子就是必需品了。一年四季都可以戴帽子，而对于秋天来说，则是一件很好的点缀。有很多种帽子可供选择：软呢帽，棒球帽，大边帽，小帽，毛线帽等。尝试多种不同风格和颜色的帽子，找到最合适你脸型的一款吧！

用紧身裤或者长袜搭配短裙或者长裙

在穿露腿衣服的时候，我们都愿意光着腿，但是秋天正是能够展露你可爱的紧身裤或者长袜的季节。除了能够增加舒适度和抵御寒冷以外，紧身裤和长袜在谁身上看起来都很好看。他们和短裙和裙子搭配起来最好看，也可以搭配短裤来穿。紧身裤和长袜除了黑色以外，还有其它多种色彩和款式。

不要穿单色衣服

秋天很容易穿单色的衣服，常见的是全身黑色或者灰色。不要穿一身黑色，尝试一下其它颜色，比如橘色、紫红色、黄色和钻石色。这些都是暖色调，给服装增加一丝生机。如果你做不到这一点，那就试着穿一件红色夹克或者亮色的围巾吧。

增加衣服的层次感

秋天的衣服应当有一些层次，但是有层次和看起来笨重不一样。为了看起来不笨重，我们要知道把已有的衣服组合好。比如把长袖和马甲和围巾搭配起来，或者把高翻领毛衣和大衣搭配在一起。穿裙子时，还可以穿一件简单的衬衣。如果你想穿高跟鞋，你可以搭配紧身裤和长裤来保暖。羊毛衫和夹克搭配起来则不是太好看。

大号毛衣搭配打底裤

如果你不知道穿什么，大号毛衣和舒服的厚打底裤是个不错的选择。大号毛衣看起来很可爱，搭配打底裤时能突出毛衣的蓬松感。这时，搭配任何长度的靴子都可以，无论是及膝长靴还是短靴。

It's that time of the year where the leaves have changed from green to orange. The weather is cooler and fall themed décor has graced the stores. Fall is just around the corner and fashion retailers have changed their displays from fun summer dresses to sweaters and cardigans. For a fall-ready wardrobe we give you tips on how to style for the cool weather!

LAYER YOUR OUTFIT

The fall season is all about layering your clothes, but there is a difference between layering and looking bulky. We want to avoid the latter, and in doing so we need to know how to combine the clothes that we already have. For example you can layer your long sleeves with a vest and scarf or pair your turtleneck sweater with an overcoat. For dresses, you can wear a simple button-down blouse underneath. If you want to wear heels you can match it with statement socks or stockings to keep it warm. Don't layer your cardigans over your jacket as they look unflattering.

WEAR A HAT

Hats make great fashion statements and are must-have accessories if you want something to spice up your look. They can be worn all year long and are perfect accessories for the fall season. There are many types of hats to choose from - fedora, baseball cap, wide-rim hat, cloche, and beanie hats. Find out which works best for your face by trying on different styles and colours. Look for a hat that fits properly, otherwise you'll look awkward.



GO FOR A BASIC OVERSIZED SWEATER AND LEGGINGS

When you're in a fashion rut and don't know what else to throw on, an oversized sweater paired with comfortable thick leggings will be your go-to fall ensemble. Oversized sweaters are cute and when paired with leggings, the bulkiness of the sweater is balanced out because of the fitted texture of the leggings. They go well with any boot length, be it ankle boots or over-the-knee-boots.

PAIR SKIRTS AND DRESSES WITH TIGHTS OR STOCKINGS

We all want to go bare-leg when we wear clothes that reveal our legs, but fall is the right season to finally show-off your cute tights or stockings. Aside from adding comfort and fighting off the weather when it gets too cold, tights and stockings look flattering on everyone. They are best paired over short skirts and dresses, and you can also wear them underneath your shorts. Aside from your usual black tights or stockings, there are many colourful varieties and designs that you can choose from, such as polka dot stockings, jewel colored tights, and fishnet stockings.

MATCH YOUR BASIC SHIRTS WITH CARDIGANS OR JACKETS

Don't get rid of your shirts just yet. Shirts are a versatile clothing piece and you can use them for layering during colder months. To transit from your summer shirts to fall, pair them with a comfy cardigan or a leather jacket for that chic effortless look. Shirts are also a must-have for layering. If the months get colder, you can wear a thin shirt underneath knitted sweaters to add warmth.



ANCIENT ASIAN BEAUTY SECRETS That Will Transform Your Skin!

By Anastasia Chapman

To this day and age, Asian skincare rituals remain an enigmatic riddle for the global beauty industry! It's indeed a feast for the eyes to see Chinese, Japanese and Korean women sport porcelain skin, radiant complexion and an ageless body. What is it that these women incorporate into their daily beauty rituals that make their skin look so magical? No wonder why the western beauty retailers are now looking to the East for inspiration while decking their shelves up with products that use traditional Asian beauty secrets.

No doubt, the Orient is a treasure trove of timeless beauty comprising of many remedies and rituals passed through generations. And yes, even if it's lengthy and time-consuming, Asian women religiously follow their skincare routines without any compromise, to achieve what they are so well-known for! With this in mind, we bring you the top 5 ancient beauty hacks from around Asia that will transform your skin:

古老的亚洲魅力秘籍能改变你的皮肤

DRINKING HERBAL TEAS TO DETOXYFY TOXINS FROM THE BODY

Asian people, especially Chinese and Japanese, love their tea! This is one of the first ancient hacks we've known about Asian wellbeing. If you take the right kind of herbal tea at the right time, you will reap immense benefits. They drink herbal teas to flush out toxins from their bodies. Regular tea drinking habit also speeds up your weight loss process, strengthens immunity and helps in achieving a youthful appearance. Teas like Oolong tea, white tea, green tea, dandelion root tea, and ginseng tea are some of the brews that Chinese, as well as other Asian women, drink for health, wellness and of course, great skin.



PEARL POWDER FOR SKIN REJUVENATION

Pearl powder has always been an integral part of Chinese skincare. In ancient times, women in the imperial family even ingested pearl powder to look ageless. Chinese women traditionally use it for skin rejuvenation and hydration, and many scientific studies support the benefits of this beauty component.



Pearl powder is indispensable when it comes to attaining a glowing complexion. That's not it! It also removes pigmentation, helps in collagen regeneration, counters acne and calms skin irritations. Unsurprisingly, all these benefits make it evident why the Chinese have been using this magical ingredient in their cosmetic products since 320 AD! Make your own face mask by whipping 1 tablespoon of pearl powder, 1 egg yolk and 1 tablespoon honey to form a smooth paste, and apply it on your face for healthy, radiant skin.

古老的亚洲魅力秘籍能改变你的皮肤到今天为止，亚洲的护肤习惯对于全球美容业来说仍然是一个谜！看到中国、日本和韩国女性如瓷器般的肌肤、润泽的肤色和永不衰老的身体的确让人大饱眼福。她们在日常美容中使用了什么让皮肤看起来如此充满魔力呢？毫无疑问，东方是一个拥有永恒之美的宝库，有许多代代相传的美容疗法和习惯。亚洲女性严格遵循冗长而耗时的护肤惯例，并且成功得到她们所为之著称的东西。知道了这些，接下来我们向你介绍五个可以改变皮肤的亚洲美丽秘籍。

• 喝草药茶去除体内毒素

亚洲人爱喝茶！这是我们已知的关于亚洲人幸福感的第一个古老秘籍。在正确的时间喝正确的茶能带来极大的好处：喝草药茶能解除体内毒素；有规律地喝茶还能加速减肥过程、增强免疫力、帮你获得青春的面容。中国女性和其它亚洲女性常喝乌龙茶、白茶、绿茶、蒲公英根茶、人参茶等，能给她们带来健康、幸福、还有迷人的皮肤。

• 最佳水合效果的三秒法则

你知道你的皮肤在洗澡后3秒内就会失去水分吗？韩国古代的护肤规则就是这样说的。所以这个规则既简单又棘手。韩国美容专家认为，人们应该在洗完澡后3秒内就开始润肤，因为湿润的皮肤更容易接受外用霜。研究表明，刚洗完澡皮肤毛孔就张开了，你滋润身体越快，水合作用越好，在这种情况下，经验法则就是3秒钟！

• 珍珠粉让皮肤再现活力

珍珠粉一直都是中国护肤品不可分割的一部分。古代皇室的女性甚至吃珍珠粉让自己看起来永远年轻。中国女性经常用珍珠粉让自己的皮肤再现活力，许多科学研究也证明了其美容成分的益处。珍珠粉能让人容光焕发、去除色素沉着、让胶原蛋白再生和缓解皮肤过敏。用1汤匙珍珠粉、1个蛋黄和1汤匙蜂蜜打成糊状，自制面膜涂在脸上，能带给你健康、润泽的皮肤。

• 用玉轮当做自然按摩工具

玉石滚轮当做韩国和中国的美容仪器已经有几个世纪的历史了，甚至在今天，你仍然可以在每个亚洲女性的美容台中找到它。玉石滚轮按摩皮肤能刺激到穴位，促进淋巴排除体内毒素。这个天然的按摩仪还有助于改善肤色、促进血液循环、美化面部轮廓、收紧毛孔、减少老化的迹象。

• 没有问题的皮肤使用海藻面膜

亚洲女性有玻璃般的皮肤是有原因的。她们经常在美容时使用海藻，把皮肤问题扼杀在萌芽状态。海藻富含维生素和矿物质，有很强的抗菌性能。涂抹在皮肤上能防止各种皮肤问题，其中的维生素C能让皮肤焕发青春的活力。

JADE ROLLER AS A NATURAL MASSAGING TOOL

Jade facial rollers have been part of the Korean and Chinese beauty care for centuries but even till this date, you will find this magic tool in every Asian woman's beauty cabinet. Jade rollers, when massaged onto the skin, target acupuncture points, thus promoting lymphatic drainage to eliminate toxins from your body. This natural massager also helps in improving your skin tone, promotes blood circulation, refines facial contours, tightens pores and reduces signs of aging. Well, we are totally buying into this crystal-infused beauty! What about you?



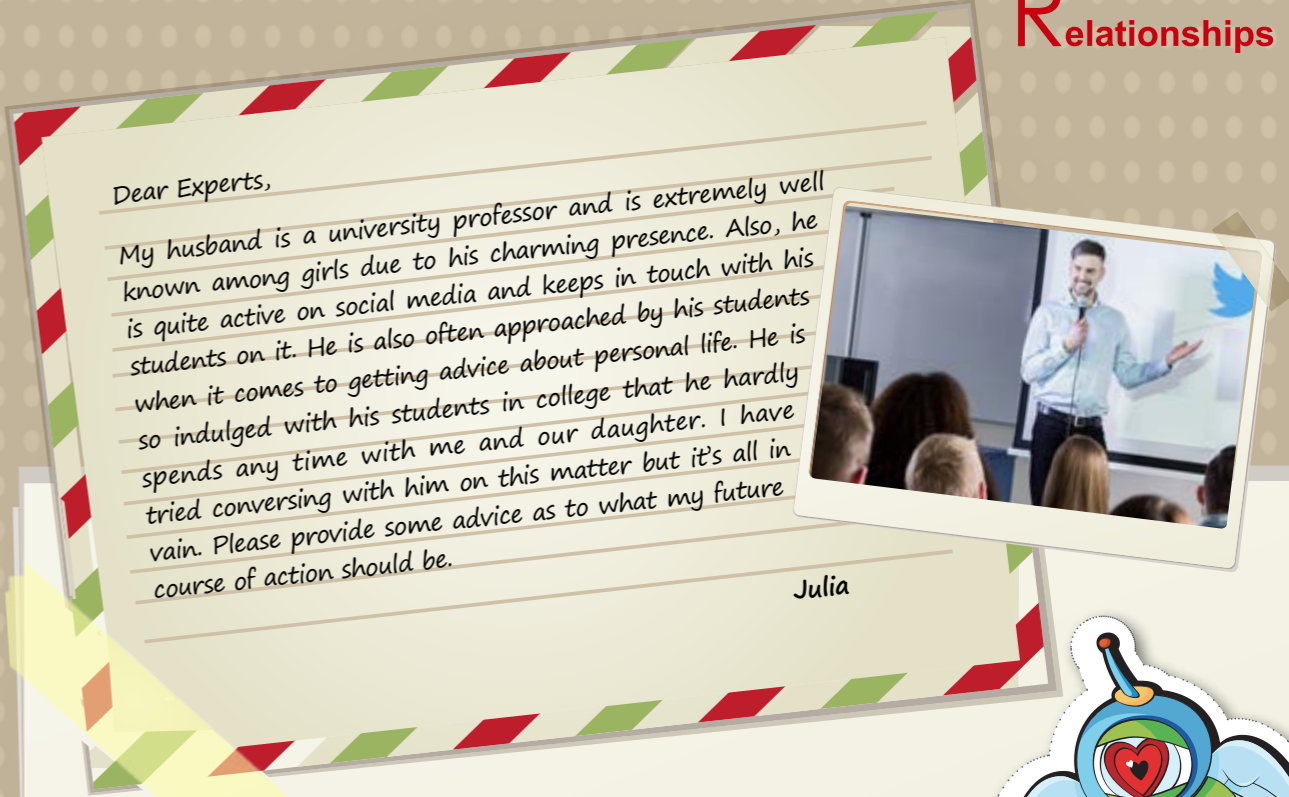
SEAWEED FACE MASK FOR PROBLEM-FREE SKIN

There is a reason Asian women have glass-like skin. It is because they regularly incorporate seaweed into their beauty regime to keep all skin problems at bay! Seaweed is rich in vitamins and minerals and is a powerhouse of anti-bacterial properties. It has magical effects on the skin and is a great way to treat skin problems like rashes, pimples, dry skin and so on. The iodine content in seaweed regulates the production of subcutaneous fat, thus making the skin smooth and silky. Iodine also helps in eliminating pimples and acne rashes. Seaweed is also rich in Vitamin C that rejuvenates the skin from within. Plus, seaweed's Niacin content boosts radiance and ensures problem-free skin.



3-SECOND RULE FOR MAXIMUM HYDRATION

Did you know your skin loses moisture within 3 seconds of stepping out of a shower? Well, the ancient Korean skincare says so! So the rule is pretty simple and tricky at the same time. Korean beauty experts believe that one should start the moisturising ritual within 3 seconds of washing the body because the damp skin is more receptive to topical creams. Research shows that skin pores open up right after taking a shower, and the quicker you moisturise your body, the better the hydration is and in this case, the thumb rule is within 3 seconds!



Dear Experts,

My husband is a university professor and is extremely well known among girls due to his charming presence. Also, he is quite active on social media and keeps in touch with his students on it. He is also often approached by his students when it comes to getting advice about personal life. He is so indulged with his students in college that he hardly spends any time with me and our daughter. I have tried conversing with him on this matter but it's all in vain. Please provide some advice as to what my future course of action should be.

Julia



Angela says:

This surely is stressing. It is important that he understands how to balance his work life and personal life. Indulging a little too much in any one of them will ultimately harm the other. Make him understand his importance in your life.

Sometimes all that a person needs is to make him remember how much he is valued. Try a different method to make him understand, maybe by communicating with his parents. If you handle this problem purely with love, he surely will understand your need.



Daemon says:

Also, I am sure you would not want to lose him with your possessiveness. Let him focus on things he loves to do in order to let him live his life happily. If you want him to spend time with you, find ways to seek his attention and squeeze your way into his life.

Have a positive attitude and be cheerful and full of love for him to gravitate towards you. Don't throw your jealousy, hurt, anger and negative emotions at him. Don't let negative thoughts delve into you and focus on your feelings.

亲爱的专家，我的丈夫是一位大学教授，因为仪表不凡，所以他在女生同学中非常有名。此外，他在社交媒体上也很活跃，和他的学生们在社交媒体上进行交流。他的学生们还会请他给一些关于私人生活的建议。他非常享受和学生们的交流，几乎没有时间陪我和我们的女儿。我试着和他聊过这些，但是都是徒劳。请给我一些建议吧。

Angela说：

这当然会让人感觉到压力。他非常有必要懂得如何平衡工作和个人生活。过分侧重任何一方最终会伤害另一方。让他懂得他在你们生活中的重要性吧。有时候对一个人来说最重要的就是让他意识到他是多么的重要。试着用别的方法让他明白这一点，或许可以和他的父母交流一下。如果你完全从爱的方面出发来解决这个问题，他肯定会懂得你的需要的。

Daemon说：

我敢肯定你不想失去对他的占有。让他专注于自己喜欢的事情吧，这样他会过得很开心。如果你想让他和你多呆一会儿，那就想办法吸引他的注意力，以你自己的方式进入他的生活。保持积极乐观、开心、充满对他的爱，以这样的方式把他吸引到你身边。不要把你的嫉妒、伤害、愤怒和负面情绪丢给他。不要有那些负面想法，专注于自己的感觉。

How to Lessen Your Sweet Tooth Cravings

如何戒掉“甜食毒癮”

By Evelyn Rubenstein

It's no secret that completely removing sugar from our diet is truly difficult. We all crave for something sweet from time to time, but if you notice that your sugar intake is way beyond the recommended serving suggestion then you are one of those people who have a sweet tooth.

Sugar isn't necessarily bad. In fact, you can find sugar in foods naturally such as honey, agave nectar, fruits, and vegetables. The issue here is the source from which you are getting your sugar fix. The culprit? Processed foods, junk, and refined sugar (cakes, chocolates, candies, etc.). Consuming sugar easily gives our body that adrenaline rush (sugar rush) or short-term energy boost. But this only lasts temporarily and often leaves us in this post-lethargic state. We feel like we're more tired and sleepy after eating that delicious cupcake or chocolate bar, and then later we crave for more. This becomes an unending cycle of munching sweets that provides little nutritional value to our body.

Research has shown that sugar is highly addictive and is even likened to be as addictive as a cigarette or drugs. The more we ingest sugar, the more we crave for it to satisfy our palette. This poses a serious health risk and can lead to diabetes, obesity, heart disease, and even cancer. According to studies, there are many causes of sugar cravings; monthly hormones for women, food allergies, failing adrenal glands, and bacteria.



KEEP YOURSELF HYDRATED

Drinking water is the key to curb your cravings. Eight glasses of water recommended by doctors have plenty of health benefits. Our body may send mixed signals to our brain, one of which is those pesky sugar cravings. You might think you want sugar when in fact your body is just probably dehydrated. To make it more interesting, you can make lemon water or detox water by slicing any of your preferred fruits and adding it to your drink. Not only are you keeping yourself hydrated but you're also getting nutrients from the fruits.

DON'T SKIP MEALS

Did you know that skipping meals causes you to overeat? And when we overeat we tend to mindlessly munch on fatty, sugary foods. Skipping meals also causes us to find a "quick fix" to lessen our hunger, and this is when we snack on chocolate bars, chips, pastries, and other refined sugar foods. Always eat at the right time. If you want to eat a snack, choose a healthier alternative such as nuts and fruits.

CREATE A MEAL PLAN

For a more disciplined approach in lessening your sweet tooth cravings, try creating a weekly meal plan. There are many healthy recipes available that you can try. By doing this you can easily monitor what foods you consume. Planning your meal means you know which foods to purchase at the grocery. This will diminish your time wandering around the grocery and it will help you avoid buying any sweets.

HAVE A FOOD JOURNAL

Food journals are a great way of keeping track of your food intake. This will help you monitor if you've been eating the right foods and avoiding anything sweet. You can keep a small journal that you can easily carry with you, and the way to do it is to simply write down the time you had a meal and indicate the food that you ate.

SET DAILY GOALS

For any sugar addict, a day without sugar is a sad day indeed. It's tough saying no, so one of the ideal ways in curbing your cravings is to set simple daily goals that you can achieve. For example, if you are used to eating a pack of cookies for snacks, try to withhold it for a day. If you can manage that, then it will be easier for you to hold out on sugar for longer intervals (i.e. no sugar for a week). You can reward yourself by buying a nice gift or treating yourself to a spa. Just don't reward yourself with food!

It is indeed a challenge to lessen our sweet tooth cravings. Some may even experience withdrawal symptoms and the first few days can be difficult. But once we train our body (and our palette) to avoid sugar, you'll be surprised by how easy it is. Not only does it help keep your body healthy but lessening your sweet tooth cravings can make us feel mentally and physically better!

糖在我们的日常饮食中很常见，糖会促使大脑分泌多巴胺、血清素，以及内啡肽这三种化学物质。它们让大脑收到一些正面信息，如“我很满足，很幸福，很饱，很愉悦，很放松”，这也就解释了为什么大多数人吃完碳水化合物（糖）会感到满足。但这只是暂时的，一段时间过后我们常会感到更加乏力和困倦，而后更加渴望吃甜食。这就形成了一个吃甜食的死循环，让我们的身体只能摄取到很低的营养价值。

糖有很高的成瘾性，越吃越想吃。然而这会引发健康风险，导致糖尿病、肥胖、心脏病、甚至癌症。喜好甜食的成因有很多，但是也有办法终止或者减缓对甜食的渴望。本期我们马上支招，帮你轻松戒掉这种“甜食毒癮”。

第一是保证体内水分充足；第二是不要错过正餐。一顿正餐不吃或两餐间隔时间太长会造成血糖下降，由此会增加人们对甜食的渴望；第三是制定健康的膳食计划，从而可以轻松地监控每天消耗的食物；第四是记录饮食日记；第五是制定每日目标，慢慢减少食用份量，例如本来一天要吃一包饼干作为零食，可以控制自己改成两天吃一包，逐渐减少食用量。

一开始拒绝甜食确实感觉很痛苦，但当把不吃甜食当成“习惯养成”的任务时，你会发现心理上的愉悦甚至能够超过甜食入口的甜蜜哦！



How Classroom Assessments IMPROVE LEARNING

By Nina Mitchell

Classroom assessments are designed for the overall development of a child. These are designed by teachers so that a student may understand the related topics and enhance their depth of learning.

Teachers who develop useful assessments provide instructions and give the students a chance so that they are able to learn the taught topic to the best.

课堂评估如何提高学习成绩？

TYPES OF CLASSROOM ASSESSMENTS

Popular kinds of assessment that are practiced in schools are:

- **Formative Assessment:** It takes place during the beginning. It helps to analyze the strengths and the weakness of the students and should be completed as per instructions given by a teacher.
- **Summative Assessment:** It is given when the instructions are implemented. It aims to access the extent to which important outcomes at the end of the school have been reached

ADVANTAGES OF CLASSROOM ASSESSMENTS

These assessments have a great impact on a child's learning; let's check some of its benefits:

Designed for specific purposes

These assessments are designed for specific purposes such as accountability. They help the teachers to improve their instructions and modify their approach to suit individual students. The assessments help a teacher to analyze the student's level in context of understanding of a particular topic as it is directly related to classroom instruction goals.

课堂评估是由老师为促进孩子的全面发展而设计的。老师们还提供评估的指导方法，给学生们一个机会，让他们就更好地理解所学课程。

课堂评估的类型

学校里最常见的评估类型有：

- 形成性评价：该评价在学习开始时进行，帮助分析老师所讲课程的长处和缺点。
- 终结性评价：该评价在学习结束后进行，评估学年结束后取得了哪些重要的成绩。

课堂评估的优点

课堂评估对孩子们的学习有着很大的影响：

- 针对特定目的而设计

课堂评估帮助老师改进授课方法，让老师分析学生理解特定问题的水平，以实现课堂教学目标。

- 有意义的资源

课堂评估能帮助老师掌握授课效果，了解需要继续讲解的内容。课堂评估还能帮助学生推测老师在课堂上会问哪些问题。

- 增加自信心

课堂评估中，老师鼓励学生谈论所学的知识，了解还需要讲哪些知识。有课堂评估和反馈，学生们也能解决一些小问题、误解、在概念之间建立更好的连接。

日常评估能促进学生更努力面对挑战，鼓励他们思考和分析所学的概念。

课堂评估能促进学习

- 老师能掌握到学生们掌握了哪些知识、对哪些知识一知半解、和没有掌握的知识，这样在今后的教学活动中就知道如何提高学生的学习技能。
- 学习性评价对学习困难的学生很有帮助，他们会把这种评价当做帮助他们学习的方式。
- 学习性评价对聪明的学生同样有好处，为他们提供了一个更有挑战性的课程

Boost confidence

With the assessments, the teachers encourage students to talk about their learning and keep an eye what's needed accurately. With assessments and routine feedback, children can sort out small problems, misunderstandings and form better links between the ideas.

Daily assessments motivate students to work hard on the given challenges and also encourage them to think and analyze about the given concepts so that they can solve their queries on their own. It also helps to develop their identities as capable learners.

CLASSROOM ASSESSMENTS ENHANCE LEARNING

- Teachers find out what the students know, what they partly know and what they do not know so that the future follow-on activities can advance their learning skills.
- AFL (Assessment for learning) is very useful for students who find difficulty in understanding the topic, it refocuses their attitude towards assessment as something that can help them learn rather highlighting their in-competencies.
- AFL is equally beneficial for intelligent students as it offers them a more challenging curriculum that mainly focuses on their progress rather than to meet their targets.

Thus, assessments in a classroom are important, and with different kinds of assessments a teacher is able to evaluate the students effectively.

Meaningful resource

For better understanding of the topic, the teacher makes improvements and makes sure that these assessments form an integral part of the instruction process. These also serve as meaningful resources for the teachers as it helps them to identify the taught topics and the topics that are required to be worked upon.

These are equally helpful for students because they can realize how well they can guess what their teachers shall ask in the classroom. These are specifically useful for supporting the low-attaining students, those who find difficulty in understanding the topic.



24 Years of Excellence and Warmth @ International School of Tianjin



The International School of Tianjin (IST) celebrated its **24th anniversary** on Wednesday September 5th, 2018! IST first opened its doors to some 20 elementary students on 5 September 1994 in a converted villa at 6 Mu Nan Dao (near to the Min Yuan Stadium) before moving to our current campus in January 2001. The school has obviously grown and developed significantly over the years in terms of the quality of educational programmes offered, resources, and facilities – not to mention student enrollment and staffing– but one thing that has remained firmly at the heart of IST’s mission and school culture has been the continuing feel of an inclusive

and enthusiastic international community embracing the opportunity to live, work and learn here in our wonderful host city of Tianjin. **Happy Birthday IST!**



Picnic: A Day of Fun, Frolic, Food, Family & Friends @ International School of Tianjin



It was a fantastic family picnic day at IST yet again on Saturday, September 1st. There was a wonderful turnout of IST parents, students, staff and friends to celebrate and appreciate the beautiful and bright weather and to spend some leisurely family and community time together.

There were food and goodies stalls various fun activity stalls set up by student community service groups and the Secondary Student Council as well.

The little kids had a fun time on the bouncing castle and could be seen enthusiastically taking part in various fun activities including face painting, hair color spraying, tattooing, playing with the bubbles from the bubble machine, and interacting with the visiting clown.

Thanks to the PFO (Parent Faculty Organization) Committee members who did an amazing job in organizing this signature IST family event once again. The best part of this event (as well as other community events) at IST is that they are all open to the larger expat and friends community of Tianjin.



Roald Dahl Day-A Celebration of Literature @ Wellington College International Tianjin



September 13th, children from the Junior School came to class dressed as their favourite Roald Dahl character and Wellington celebrated the work of this prolific writer for the whole day on the day of his birth. But apart from the fact that he was British, why do we celebrate Dahl above any other children’s author?

Roald Dahl was born in Wales to Norwegian parents and spent the early part of his schooling in Llandaff Cathedral School, Cardiff and then moved to Repton School in the Midlands. His school life was to have a profound effect on his life and writing, of which he wrote about in his autobiography "Boy".

Despite these initial traumatic experiences, Dahl prevailed and firstly took up a post with Shell Petroleum in Africa in 1934 as he yearned for adventure. As war broke out in 1939, Dahl joined the RAF and, after a near-fatal crash landing in Egypt where he fractured his skull, he became an ace fighter pilot in Greece before working for Churchill as an Intelligence Officer in the USA. Eventually Dahl became the celebrated novelist we know today.



Throughout Dahl’s work, we always sense a strong and unwavering moral vein, and a message that, along with an enormous dollop of Dahlian courage, goodness and thoughtfulness will prevail over cruelty and selfishness. Whether it is the penniless Charlie’s continual pangs of hunger (Charlie and the Chocolate Factory, 1964), or Danny’s gruesome caning from Captain Lancaster (Danny the Champion of the World, 1975) or Matilda’s crusade against child-hating Headmistress Mrs Trunchbull (Matilda, 1988) we root for these victims of circumstance to endure and prevail and conquer any evil which stands in their way.

It is this incredibly powerful moral compass which sets Dahl high above most other children’s authors and which draws schools from around the world to celebrate his birthday each year. Teachers know instinctively they are on solid moral ground when their pupils are reading, discussing or writing about Roald Dahl’s stories. And in a multi-media world where video games, TV and movies can often move the needle, it is very reassuring for schools to have Dahl’s stories to annually realign that compass.

**NHS Induction Ceremony
@ TEDA International School**



Being chosen to join Teda International School's National Honor Society chapter is no mean feat. The selection process, in which students are assessed on their academic achievements and service record, involves completing a sizeable application form, acquiring references from teachers and community members, and writing an all-important essay. After submitting all this, a committee then decide on the most suitable candidates.

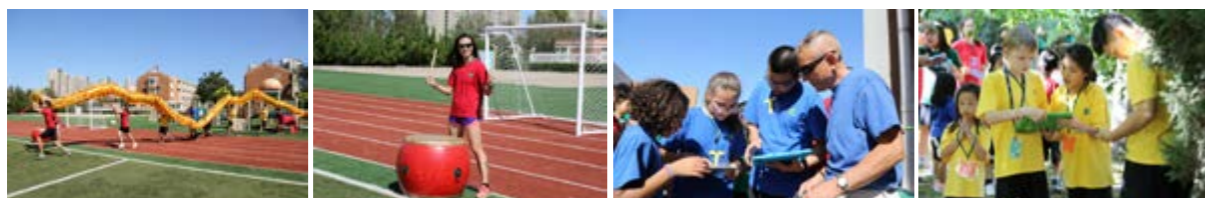
The induction ceremony, which took place on 6th of September, was punctuated with speeches on character, scholarship, leadership and service, and a poetry performance. The Headmaster spoke to the initiates and presented each with a certificate of membership. This year saw nine new members enrolling, three seniors, two juniors and a whopping four sophomores, which brought the total membership of the Teda chapter to thirteen. After the induction, students and their families were invited to a reception for appetizers and pictures. As always, it was a classy and an enjoyable evening.

**Spirit Day
@ TEDA International School**

Much to the delight of all present, this year's Spirit Day kicked off with a wonderful, colorful and energetic display of Chinese culture, in the form of the annual Dragon dance. As a beat rang out from a traditional Chinese drum, the golden dragon whirled across the school field and wove its way around groups of students who were clad in the red, white, green and blue of their house colors.

Spirit Day, which took place on 7th September this year, has become something of a tradition at TEDA International School. It's an exhilarating way to showcase some awesome school spirit, and have a little fun with all the members of the Teda community!

With the intention of bolstering this family spirit, the whole school was divided up into fifty teams ready to play a School Spirit Trivia Game. Each group was comprised of a mélange of lower primary, upper primary, middle and high school students. These teams then needed to go around the grounds, locating and scanning QR codes, answering questions and completing a variety of tasks. Prizes in the form of books and house points were awarded to the five teams that emerged victorious. It really is rare to see students from Kinder to Grade 12 mixing together and having so much fun, but this kind of activity brings us closer as a family and as an entire school community. What better way to celebrate Spirit Day?



**Japanese Food Festival
@ Shangri-La Hotel, Tianjin**



Shangri-la Hotel, Tianjin host a feast of Japanese Cuisine prepared by Master Chef Yoshinori Mizutani from 18th till 23rd September, 2018. Yoshinori Mizutani is Chef de Cuisine at Shangri-la Hotel, Beijing who brought a wealth of experience, know-how and creativity gained from many years of cooking for Japanese diplomats and other connoisseurs of fine Japanese cuisine. For seven years, he was the private chef for the Japanese ambassador in Singapore and Cairo. His experience in working for restaurants and hotels in Egypt, Singapore and Japan allowed him to harness and hone his skills. He has always followed the principle of "keep maintaining the tradition and authenticity of Japanese flavors". Chef Yoshi's creations are in high demand as Maki is his culinary trump card. During the food festival, diners were enjoyed an array of authentic Japanese dishes including tempura and flamed sliced cheese maki, scampi sushi maki, and flamed salmon carpaccio. Using only the authentic ingredients, the natural flavors are brought out.

**"You're Precious" - Wedding Salon
@ Renaissance Tianjin Lakeview Hotel**

The "You're Precious" themed wedding salon of Renaissance Tianjin Lakeview Hotel has been held on 2nd September 2018 15:30 at the Grand Ballroom. Hotel was honored to present this salon in collaboration with Perfect Wedding, Wedding Dress Story, Dianping.com and Tami Technology. More than 50 couples attended this event and spent a romantic moment.

The venue of this wedding salon covering 1,500 square meters, which is the biggest ballroom of Renaissance Tianjin Lakeview Hotel hosted many important event such as The National Game, BRICS Health Ministers Meeting and Davos Forum. It was not only a kind of honor, but also recognition of hotel's facilities and services. On that day, this ballroom was decorated with the current popular champagne colour by Perfect Wedding Company and showed an amazing visual effect to all the guests.

During the event, there were also many interactive sections like bridal bouquet arrangement, proposal lesson and lucky draw, prizes include room vouchers from all around China! Besides that, hotel also prepared wedding themed tea break, desert and drinks for guests.

The next wedding dress show presented by Wedding Dress Story, all of the gorgeous wedding dresses are stylish and use the most fashionable fabric to make sure that every girl can be the most beautiful princess at their wedding.

"You're Precious" wedding salon brought a classic moment of dream wedding, which to make your special day to cherish for a lifetime. Renaissance Tianjin Lakeview Hotel has professional wedding experts and perfect wedding venue like ballroom, lobby lounge and natural lawn garden, the whole team is devoted to making your dreams come true.





治疗流感和感冒的五种超级有效的草药茶

EFFECTIVE HERBAL TEAS TO TREAT FLU AND COLD

By Barbara Ross

As the temperature starts dropping, as the leaves start falling and as we start seeing more of pumpkin pie recipes all through the street, we know it is time to get those long tucked away bomber jackets out right in time for flu and cold season.

Needless to say, the transition periods from summer to autumn and then to winter are the most flu prone periods of the year. And just like how we get ready for the harsh weather, we need to prepare for the effects of the transition as well.

In other words, we need to take precautions against the cold and flu infections. So how can you do that?

Well, there are a few easy-peasy

beverage recipes that you can make at home using ingredients that are usually available at home. And the best part is that these recipes can be used for treatment even after you might have caught the cold.

Before we get on to the beverages, let's quickly go over the effects and symptoms of a possible cold and flu, so that you know when to start making these recipes.

EFFECTS OF COLD AND FLU

Flu and cold are basically viral infections of the upper respiratory system which can cause several symptoms including running nose, watery eyes, congestion in the chest and cough. The flu, which is short for influenza, is actually something that can turn in to a fever and cause

nausea and vomiting as well. Now effectively, none of these conditions have a cure nor remedy per se, but you can make yourself feel better and experience some relief from the symptoms with a few tricks.

TREATMENT

Coming to the recipes, one of the most proven and effective treatments for cold and flu has been a herbal infused tea. A lot of herbs have medicinal properties that help soothe the ailments associated with these conditions. Moreover, the act of sipping the hot beverage consistently during illness has by itself been proven to clear congestions in the head and chest and increase nasal mucus movement.



GINGER TEA

This is a something that is prepared from fresh or dried ginger of course. It is a refreshing and aromatic beverage that can help relieve nasal congestion and chest congestion. It has high levels of vitamin C, magnesium and many other minerals.



LIQUORICE TEA

As per the National Centre for Complementary and Alternative Medicine, liquorice is widely used to relieve sore throat conditions. It is very good for your immune system as well. It also helps to loosen up and thin your mucus, thereby providing relief from dry and irritating cough. The best part is that liquorice already has a sweet flavour without adding sugar, although too much of the herb might not be good either.



MATE TEA

Mate is basically traditional South American caffeine-infused drink which is also called Cimarron. It contains tons of vitamin C which helps in enhancing your immunity and thereby fights cold and flu viruses. In fact, native South Americans used the herb to treat diseases like scurvy. Being rich in caffeine it can also reduce lethargy.



EUCALYPTUS TEA

Eucalyptus leaves contain a chemical compound called eucalyptol that aids in loosening mucus and relieving chest congestion. The compound is actually potent enough to even fight and destroy the flu virus. As a matter of fact, way back, aboriginal tribes used to make eucalyptus infused tea to treat fever. The only side effect that has been reported is skin rash, but that shouldn't be a problem as long as you are not allergic to eucalyptus.



PEPPERMINT TEA

Peppermint is a very well-known and popular ingredient in off-the-shelf flu and cough medicines. It contains menthol which is great for chest congestions and dry cough. The herb also contains a certain type of oil which is known to have anti-viral properties and thus helps in preventing cold and flu to a certain extent.



温度降低, 树叶掉落, 我们在街上看到了越来越多的南瓜饼食谱, 我们知道已经到了穿夹克防止流感和感冒的季节了。毋庸置疑, 从夏天到秋天再到冬天的过渡, 是一年中最易患流感的时期。那么我们应该怎样预防流感或感冒呢? 有几种简单饮品配方, 用家里现有的配料就可以制成。更好的是, 即使感冒了也可以喝这些饮品来治疗感冒。我们还是先来看看感冒或者流感的症状吧, 这样你就知道什么时候该准备这些饮品了。感冒和流感都是上呼吸道感染, 能引起几种不同的症状, 包括流鼻涕、流眼泪和咳嗽。流感还会导致发烧, 引发恶心、呕吐等症状。

下面介绍五种非常有效的草药茶饮品, 可以轻松帮您打败感冒和流感:

1. 姜茶

姜茶用新鲜的或者晒干的姜制成。味道清新芳香, 帮助缓解鼻塞和胸口堵的症状。富含维生素C、镁和其它多种矿物质。

2. 甘草茶

甘草茶常用来缓解嗓子疼痛, 减轻咳嗽症状, 对人体免疫系统也有好处。更好的是, 甘草茶不用加糖就有甜味。

3. 马黛茶

马黛茶是一种南美洲传统的、含有咖啡因的饮品, 富含维生素C, 帮助提高免疫力, 能打败感冒和流感病毒。生活在南美洲的人还用马黛茶来治疗坏血病。

4. 桉树茶

桉树所含的桉油精能祛痰、减缓胸闷的症状。桉油精甚至能战胜流感病毒。原始部落就用桉树制成茶来治疗发烧。唯一的副作用是可能引发皮疹, 但如果你不过敏的话, 这就不是什么事了。

5. 薄荷茶

薄荷是治疗流感和咳嗽的现成药材, 能缓解胸部拥堵和干咳的症状。薄荷还含有某种具有抗病毒性能的薄荷油, 在一定程度上能够预防感冒和流感。

QUICK TIPS TO LOSE WEIGHT FAST

Without Compromising on Health

By Barbara Ross

One of the main problems of following a strict diet plan and exercise regime to lose weight is that it often gets too difficult at some point and shortly after you end up abandoning it. Meticulous hours at the gym with significant cut-backs on food can become quite exhausting and too hard to keep up with, especially for people who have never followed a diet in their lives before.

On top of all the sacrifice, such plans often require several months to show any results; which makes it even more difficult and discouraging for you. Then there are the infamous fad diets that may allow you to shed weight all too quickly, but then they will leave you feeling hungry and deprived most of the time, which again will make you give up on these diet plans very quickly.



Here are 10 quick tips that you can incorporate in your daily lifestyle that will not only help you to lose weight consistently without leaving you hungry or satisfied, but will also enable you to reduce your appetite with time and improve your metabolism.

1. CUT BACK ON CARBS AND SUGAR

Cutting carbs helps reduce your appetite and in turn lowers the intake of calories. With less intake of starch, your body will start to feed off of the stored fat, leading to weight loss. You don't have to go all too crazy on this step initially. Try incorporating small steps in to your daily lifestyle; for example, take two less lumps of sugar with your coffee or make it a habit to include one cup of leafy greens like broccoli or spinach with your breakfast in form of soups.

2. ALWAYS STICK TO WATER AFTER MEALS

Instead of taking fruit juices after breakfast or lunch, always stick to water. This will help reduce the calories consumed from sugary drinks.

3. WALK FOR 5 MINUTES EVERY 2 OR 3 HOURS

Whether you're at work or at home, get up from your desk or couch every 2 or 3 hours and walk around for 5 minutes.

4. HAVE MORE WATER-RICH FOODS EVERY DAY

Water-rich foods may include fruits and vegetables like watermelons, pears and cucumbers as well as soups and salads. These will help you stay hydrated and full.

5. GO FOR REFINED GRAINS

Always include at least one cup of fibre in form of white breads, brown rice, bran flakes, popcorn, whole rye crackers etc. This will aid in digestion.

6. REDUCE A SMALL PORTION OF ALL YOUR MEALS

Instead of adopting a difficult diet plan, if you trim a small portion of all your meals by around 10% or 20%, you are guaranteed to lose weight.

7. SNACK ON HEALTHY NUTS INSTEAD OF PROCESSED FOOD

We all have the habit of snacking. Substitute processed food in your bag with healthy nuts like almonds or dried fruits like raisins or baby carrots. You can even go for a mix of these if you like.

8. HAVE DINNER BEFORE AT LEAST 8 PM

Late night eating should be avoided at all costs. Have a balanced dinner by 7.30 or 8 pm at night and follow through with a healthy beverage like green tea later when you crave for a snack.

9. MEDITATE FOR AT LEAST 10 MINUTES A DAY

You don't have to promise long hours of yoga only to cancel it later on. Instead, sit straight, relax and concentrate on breathing for 10 minutes a day to de-stress and feel refreshed.

10. SLEEP

Last but not least, get your 8 hours of good quality sleep every night. Don't sit up and work. Allow your digestive system to process the food and replenish your body with lost energy.

Follow these easy steps involving minimal effort every day and you're sure to see visible results soon.

严格执行节食计划和运动计划所面临的主要问题之一就是有时候要坚持下去会感觉太难了,很快就会放弃。在健身房里挥汗如雨、压缩食物摄入量容易让人精力尽,很难坚持下去。除此之外,这些计划经常需要坚持几个月才能看到效果,让你觉得更难了。那么你怎样才能把一个合适的减肥计划坚持下去并收到理想的效果呢?下面是10个小提示,你可以将其运用到日常生活中,不仅仅能持续帮你减肥,还不会让你感到饥饿或者满足,而且还能逐渐缩小你的胃口,提高新陈代谢。

1. 少吃碳水化合物和糖

少吃碳水化合物缩小你的胃口,反过来降低摄入的卡路里。吃的淀粉少了,你的身体就开始消耗身上储存的脂肪,体重就会减轻。一开始对自己的要求不必太严格,试着在日常生活中逐步做出改变。比如喝咖啡时少放两块糖,或者养成在吃早餐时喝一杯用绿叶蔬菜做的果汁。

2. 饭后喝水

早餐或者午餐后喝水,而不要喝果汁。这样能减少从含糖饮料中摄入的卡路里。

3. 每两三个小时走五分钟

无论是工作还是在家,每隔两三个小时从桌边或者沙发上站起来走动五分钟。

4. 每天吃富含水分的食物

富含水分的食物包括水果和蔬菜,像西瓜、梨和黄瓜,还有汤和沙拉。这样让你不缺水。

5. 吃精致谷物

记得至少吃一些高纤维食物,如白面包、糙米,麸皮片,爆米花,全麦饼干等,帮助消化。

6. 把每顿饭的饭量减小一点点

如果你把每顿饭的饭量减小约10%或者20%,你的体重肯定会减轻。

7. 吃健康的坚果,不吃加工过的食物

我们都有吃零食的习惯。把你书包里加工过的食物换成坚果吧,比如杏仁或者葡萄干或者小胡萝卜这样的干果。

8. 至少在晚上八点前吃完饭

应当不惜一切代价避免吃夜宵。晚上七点半或者八点的时候吃一顿营养均衡的晚餐,稍后感到饥饿时,喝一杯健康的饮品,比如绿茶。

9. 每天冥想十分钟

你无需决心做很久的瑜伽而后再放弃。相反,坐直、放松、专注自己的呼吸,每天只要10分钟就能帮你减压,让你再次充满活力。

10. 睡眠

最后但是同样重要的,保证每晚八个小时的高质量睡眠。不要熬夜工作。让你的消耗系统对食物进行加工,补充身失去的能量。

SMART RINGS

FUTURE OF SMART DEVICES

By Fanny Bates

可穿戴设备与智能终端的未来：智能戒指



在过去几年中，可穿戴设备一度成为热门话题。但是，当智能戒指这种几乎可以涵盖智能手表所有功能的想法被提出后，电子设备公司便开始寻找性能强大且简约时尚的完美设计。智能戒指的大小和传统戒指差不多，或者比传统戒指稍大，可以和其它智能设备之间实现通信且无需携带手机就可以操作。有了它，只需动动手指就可以轻松实现开关门、付款、解锁电脑、控制家电、打电话等功能。此外，还可以把它当成一个健康仪，来每天记录步数和卡路里消耗量，实时检测身体状况。从此以后，钥匙、钱包、信用卡就都可以不用带了！

Neyya智能戒指是第一个有说服力的案例，Neyya的用户可以通过轻轻的一扫或者是触摸实现对智能手机、智能电视和电脑的控制。但遗憾的是最后却由于公司内部的原因未能真正面世。

Smarty Ring智能戒指可以防止手机丢失，帮助用户获取来自社交网络的实时通知。尽管该智能手机尚未发布，但是筹资额已经超过了40,000美元的目标。

Xenxo S-Ring智能戒指具备 12 种不同的功能，包括通过蓝牙，内置麦克风和听筒，4GB 文件存储，Google 智能助理和 Siri 连接，闹钟等等。旨在增强女性的安全性，并能即刻追踪SOS电话。该智能戒指有望在2018年年底进入市场。

NEYYA

The first compelling case of a smart ring was coined by the startup company RHLVision Technologies. Their vision was to make a product which will be helpful to everyone including kids, students, athletes, music enthusiasts and even visually impaired individuals. First named as Fin Wearable Ring with some reduced set of features such as game controller, remote control, mouse, and keyboard controller, it went through the process of redesigning and rebranding and was finally launched in 2015. Its primary use was all around the entrepreneur business professional. "On work, the main use-case is for people who are out and about doing presentations. Turn on Bluetooth and you can remote control your movement through your Keynote presentation, PowerPoint or Presi," the executive Sonia Hunt added. Over \$2 million funds were raised, the rings were manufactured and the initial shipment of 7,500 units was set. However, the product was never shipped due to the problems within the company. Once the creator and first CEO Rohildev Nattukallingal was fired from the project, the company decided to give up on any future project plans.



THE SMARTY RING

The concept of a smart ring provided by the company Indiegogo will do almost everything as a smartwatch but in a smaller package. The product called the Smarty Ring will be made from allergy-free, surgical stainless steel, featuring a LED screen which displays time and can be used as a stopwatch and timer. The screen alerts light in green or blue colour and the buttons will be almost invisible. The user will pair it up with iOS or Android device via Bluetooth and actually receive calls. The manufacturer's goal was to address the problems such as losing your phone or not been able to track real-time notifications from social networks, emails, calls, etc. According to developers, it will be used to track your smartphone, when you are more than 30 meters away. This could prevent you from forgetting your device and possibly prevent theft. It hasn't been launched yet, but it definitely exceeded its \$40,000 fundraising goal.



XENXO SMARTY RING

Innovations in the smart wearable industry have affected the global smart device market. KG, founder & CEO of Rajmall Incentives Private Limited, made an official statement for the launch of the most intelligent and elegant smart ring, Xenxo S-Ring. They have claimed that in terms of design, cost, and features, it's going to be the most valuable addition to any user. Through Bluetooth, the user will be able to access different features such as:

- Take calls directly and make calls quickly
- Store important and valuable data (4GB storage)
- Make quick payments
- Keep track of the fitness goals(health parameters) using the accelerometer
- Access doors and some smart devices
- Notify you if you have forgotten the phone through the separation alert
- Know the current time and use the alarm mode.

The story behind this product was the manufacturer's goal to address the enhancing concern for female security and create a product that would promptly track SOS calls. The product has a special SOS button which enables the user to notify the police of a possible attack or theft. Mr. Vigneshwar, founder of Xenxo says "it has taken care of all the



parameters from a technical perspective and the device successfully passed rigorous user testing and other stages of possible testing. The result says Xenxo S-Ring has already covered up 87% of the technological issues, which the world faces and it is a synergy addition to the smart wearable, capable of replacing your six accessories like Bluetooth Headset, Flash Drive, Fitness Tracker, Access Card, and Wallet, Home Keys." The campaign can be tracked down on Kickstarter, and the shipping would probably start in November 2018 when the production for global market begins.



MOVIE

Death Wish

Date: Until 2018.11.01

Dr. Paul Kersey is an experienced surgeon in Chicago who often witnesses the consequences of violence in the city. When his wife and young daughter are brutally attacked by a group of home intruders, Paul becomes obsessed with taking justice into his own hands. He sets out to take revenge on the perpetrators when the local police are unable to render any help. As he continues on his quest to cleanse the city of its criminals, the police and public are undecided if this anonymous vigilante is a guardian angel or "Grim Reaper".



EXHIBITION

Sam Kay: Wayside

Venue: Café Zarah , 46 Gulou Dong Dajie

Date: Until 2018.10.24

Wayside is a collection of moments gathered around Beijing as the city evolves rapidly, with many of them taking place at the side of the road. It is an invitation to reflect on the humanity of people on every side of these changes, and the complex story that unfolds every day between buildings and the road.



MUSIC

Laputa: Castle in the Sky Concert

Venue: Beijing Concert Hall, 1 Bei Xinhua Jie

Date / Time: 2018.10.13

A captivating tribute to some of Studio Ghibli's most iconic animated films, this multimedia concert features compositions from Laputa: Castle in the Sky, Kiki's Delivery Service, My Neighbour Totoro, Princess Mononoke and the Oscar-winning Spirited Away – all of which have been created by the immensely talented composer Joe Hisaishi and director Hayao Miyazaki. It is a stunning must-see for fans of the Japanese animation studio.

MUSIC

Cologne Guitar Quartet

Venue: Tianjin Grand Theater – Concert Hall, 58-1 Pingjiang Rd

Date / Time: 2018.10.19

Formed in 2014, the Cologne Guitar Quartet is an international ensemble based in Germany. Comprising of four different nationalities (Germany, Israel, Portugal and Greece), its members were all students of Prof. Aussel at the prestigious Hochschule für Musik Köln, Germany.

Their repertoire features early and classical music combined with folkloric repertoire from different countries, and modern music by living composers. The Cologne Guitar Quartet is also working on widening the repertoire for guitar quartet by making new compositions of orchestral and chamber music works. They are collaborating with composers such as Feliu Gasull and Eitan Steinberg and in 2016 performed the world premiere of Dutch composer Cynthia van Eijden's 'Landschaft mit Landschaft hinter dem Horizont' for guitar quartet and orchestra together with the HfMT Aachen Symphony Orchestra.



CONCERT

Sam Smith

Venue: Cadillac Arena, 69 Fuxing Lu

Date/Time: 2018.10.25

Sam Smith's debut performance is in Beijing as he brings his "The Thrill of It All World Tour" to China. The English singer-songwriter rose to fame in October 2012 after being featured on Disclosures breakthrough album. Since then, he has released many hit singles such as "Lay Me Down", "Stay with Me", "I'm Not the Only One" and many more. He also co-wrote and sung "Writing's on the Wall" for the 2015 Bond film *Spectre*.



PERFORMANCE

Rent

Venue: Century Theatre, 40 Liangmaqiao Lu

Date: 2018.10.11, 2018.10.14, 2018.10.16, 2018.10.17

In 1996, an original rock musical by a little-known composer opened on Broadway...and forever changed the landscape of American theatre. Two decades later, Jonathan Larson's Rent continues to speak loudly and defiantly to audiences across generations and all over the world. And now, this Pulitzer Prize and Tony Award-winning masterpiece returns to the stage in a vibrant 20th anniversary touring production.



WALL ART IDEAS

to Decorate your Child's Bedroom

用墙壁艺术装饰孩子的卧室

By Anastasia Chapman



为孩子装饰卧室是一项颇具挑战性的工作。孩子们在那里学习、玩耍、睡觉，所以这儿童房应该能展现出他们独特的性格。那么如何装饰他们的卧室，并让他们喜欢呢？墙壁艺术是一个很好的选择，也不会花太多钱。你可以自己动手做，让孩子也加入到这个过程中来。在拥有独特墙壁艺术的房间内玩耍不仅仅很有趣，还能让孩子感到非常骄傲。那还等什么？如果你也在寻找墙壁艺术的好点子，接下来就向你介绍几个吧。

用贴纸和贴画把单调的墙壁变得有趣起来

如果你不想花钱给孩子的墙壁上色，那为什么不贴上有意思又有活力的贴画打破墙壁的单调呢？为这些贴画设计一些故事情节也很有趣。根据你孩子的喜好选择贴画的类型吧。

帮孩子们建造一面探索之墙

如果你的孩子想象力丰富，那就贴上奇特的地图壁画，给他们讲航海员的故事，拓展他们的视野。如果你想把儿童房的一面墙打造成小小探险家的遐想空间，那么古典风格的地图、有教育意义的壁画、或者任何能够激发孩子们想象力的东西都可以选择。

收集孩子的艺术作品，做一个艺术角落

让孩子们的天份在他们自己的空间中充分闪耀！收集他们的素描和油画，给卧室注入独特的个性和色彩。用“容易调换”的方式布置这些艺术品，这样能够随心境变化更新它们的摆放位置。

使用独特的墙壁艺术和物品让卧室看起来更漂亮

为青少年打造令人印象深刻的卧室并非易事，因为他们的品味每天都可能改变。你或许可以把古怪的超级英雄或者卡通形象放到小不点的卧室里，但是要给十几岁的青少年准备一间独特的卧室，就得好好动动脑筋了。无需啰嗦，只专注于一两个元素，给他们一间全新的卧室。

印刷的艺术作品，吸引人的注意

大人们喜欢低调安静的空间，而青少年们则恰恰相反。充满活力的、时髦的和高能的空间同样让他们兴奋。所以为什么不选择吸引人眼球的印刷画呢？大胆的涂鸦、大幅电影海报或者标志性的卡通人物都适合用来装饰他们的卧室。只放置简单的家居，让艺术品出于舞台的中心。

让孩子在星空下睡觉

夜光艺术墙壁是装饰孩子卧室的最受欢迎的一种。各种星空主题的艺术墙，星星、月亮或者简单的星空景象，都能装饰孩子卧室的天花板和墙壁，让他们度过完美的夜晚时光。

TURN A DULL WALL INTERESTING WITH DECALS AND STICKERS AND STICKERS

If you don't want to waste money on painting your little one's bedroom, why not break the monotony by adding vibrant stickers in quirky hues and patterns to brighten up bland and boring walls? Think creative and ask your little one to come up with unique story ideas to bring life to the designs. Depending on your kid's preference, you can either pick a jungle themed wall decal or life-size sports, cartoon or nature-inspired stickers for a practical and fun way to convey their favourite animals.



HELP THEM BUILD AN EXPLORATION WALL

If your child has an imaginative mind, help to expand his/her horizon further by tapping into captivating tales of voyagers and daredevils with whimsical wall map murals. Vintage style maps, educational murals or anything that sparks their imagination would work great if you want to turn one of the walls in your kid's bedroom into a budding explorer's reverie. Plant the artwork spanning a single wall. You can get the entire wall painted or simply settle down for wallpapers for a temporary approach. Pick anything between a world atlas, a comprehensive picture of the solar system or fascinating information about our blue planet that you would like to introduce your little one to.



PUT-TOGETHER YOUR KID'S ARTWORKS TO BUILD A MASTERPIECE CORNER

Let your kid's talent shine bright in their own space! Create a masterpiece corner in their bedroom by making the most of their artistic flair. Put together all their drawings and paintings in one place to inject individuality and colour to the room. Arrange the artworks in an 'easy-to-change' fashion and keep updating them with new ones whenever the mood changes.



USE UNIQUE WALL ART AND OBJECTS TO ENHANCE THE ROOM'S LOOK

Creating impressive bedroom wall art for teenagers can be a tough job as their tastes change with every passing day. Well, truth be told, you can perhaps get away by putting any quirky superhero or cartoon character inspired wall art in your tiny tot's room but when it comes to creating something unique for your teen's bedroom, you need to be a little more inventive with your ideas. Take a fresh approach to the décor of your teenager's bedroom with bold and bright focal points.

No need to clutter, just focus on one or two elements to give the room a whole new look. Get your young adult kid to arrange for brightly coloured graphic skateboards and hang them on an all-black wall to attain a bold contrasting look. Create a statement wall by opting for a 3D artwork approach. Place a couple of wood branches painted in striking colours against the walls as funky sculptures or nifty clothes hangers or maybe both!

USE AN EYE-POPPING PRINT ARTFULLY

While adults prefer an understated and calm space, teens appreciate just the opposite. Vibrantly put-together, funky and high-energy rooms excite them like no other! So why not use one eye-catching print to create a striking and unconventional look for their bedrooms? Bold graffiti, oversized movie posters or illustrations of iconic cartoon characters make for great pieces of decoration. Place them on one of the walls while keeping the rest of the room's look minimal and uncluttered. Settle with just key furniture pieces so that the artwork stays centre stage.



LET YOUR KIDS SLEEP UNDER THE STARS

Glow-in-the-dark wall arts are one of the most popular ways to beautify your tot's bedroom! A cascading assortment of the planets, stars and the moon or simply a starscape can be planted on the ceiling or on the walls of your child's bedroom for that perfect nightlight. You can either install wall decals or supervise your kids to paint the murals with luminescent colours to create that surreal night sky effect.

THE BALL'S IN YOUR COURT 就看你的了

Tammy and Peter have been good friends since they were young. They're about to enter college now, but up until then, they have spent almost every day eating, playing, and doing their homework together. Indeed, they were best friends when they were in elementary school, but since the two entered high school, Peter has developed feelings for Tammy.

Very soon, Tammy and Peter are going to separate because they are going to colleges in different states. Not wanting to let Tammy go without telling her about his feelings, Peter mustered courage one day and said to Tammy, "Hey, so I know that we're going to separate soon, but I don't want to hide this from you anymore. I have a lot of fun when I'm around you and I want to make you happy even after we part. We've been best friends all this time, but in fact I do like you quite a bit and would love to be your boyfriend. What do you think? Would you... like to be my girlfriend?"

Tammy was shocked to hear this as she had only considered Peter as her best friend so far. That being said, she does realize how nicely Peter treats her. The only thing that's pulling her back from saying yes is that they're going to part soon, and college is a whole new adventure for both of them.

"That's really sweet, Peter. But... I'm not sure if I can give you an answer right now," Tammy replied. As understanding as Peter is, he said in a light tone, "No problem, the ball's in your court, so just let me know after you've thought things through."

Obviously, Tammy and Peter are not playing any ball games, but imagine that you have a ball in your court. You are now the one to serve the ball, meaning that you have some kind of control over the game to be played. Therefore, "the ball's in your court" means that it's up to you and the decision is yours to make. In Chinese, this phrase is translated to 该你行动了, 就看你的了 gāi nǐ xíng dòng liǎo, jiù kàn nǐ dí li o. So, it's up to Tammy to make a decision whether or not she and Peter would become a couple.

Would she say yes? Or would she say no?

Slang Bang!



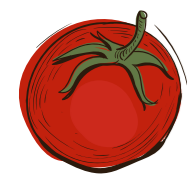
Tammy和Peter从小就是好朋友。现在他们要上大学了,在此之前,他们每天都在一起。小学时,他们确实是最好的朋友,但是到高中后, Peter开始喜欢上了Tammy。

很快,他们两个要去不同的城市上学了。Peter想在分开之前告诉Tammy这件事,对她说:“我知道我们很快就要分开了,但是我不想再瞒着你了。和你在一起时,我很开心。分开后,我还是想让你高兴。我们过去是好朋友,但是我有点儿喜欢你,想做你的男朋友。你觉得怎么样呢?愿意做我的女朋友吗?”

Tammy听到这些很吃惊,因为她一直把Peter当做自己最好的朋友。但是听到这个之后,她意识到了Peter对自己有多好。不让自己答应他的唯一原因就是他们很快要分开了,而大学对两个人来说又是一场全新的旅程。

“这太贴心了, Peter, 我不能确定现在就能回答你。” Tammy回复道。尽管Peter理解Tammy, 他还是轻轻说道:“没关系, 球在你那边了。你考虑完以后给我说吧。”

显然, Tammy和Peter不是在玩儿什么球类的游戏,但是想象一下你场地这边有一个球。现在你需要发球,意思是你对要玩儿的游戏有一定的控制权。因此“球在你那边了”指的是由你决定。翻译成中文就是“该你行动了, 就看你的了”。所以, 他们两人能否在一起是由Tammy来决定的。



DID YOU EVER HAVE A HUGE CRAVING FOR ITALIAN FOOD WHICH IS YET TO BE FULFILLED?



POMODORO RESTAURANT

小番茄意大利餐厅

在天津的小番茄意大利餐厅能吃到用源自意大利食材做成的美食，制作过程中不添加任何人工香料，可以吃到手工披萨、意大利面和进口天然牛排、火腿和奶酪。一支经验丰富的专业厨师队伍能做出味道正宗、鲜美的意大利美食，正是您一直在寻找的意大利风味，第一家小番茄意大利餐厅于2015年3月在天津开发区开业，主营意大利菜。经过几年的发展，第二家小番茄意大利餐厅于2017年9月开业。小番茄意大利餐厅在很多方面都做的很好，根本原因是它所主张的绿色、健康和真实的理念。它的菜单中有多种多样的意大利美食，包括披萨、意大利面、和好吃的甜点。除此之外，还专门为儿童设计了菜单，满足孩子们的需求。如果您一天下来非常累，不想出去吃饭，可以选好您最爱吃的菜，一支敬业又快速的外卖队伍随时为您效劳。如果您想在餐厅举办特殊活动，别犹豫，直接选择小番茄意大利餐厅吧，它能提供最方便、最专业的宴会服务，还有丰富多样的自助餐、烧烤等等。如果您还没有去过小番茄意大利餐厅，那么您还在等什么？去那里和您的家人和朋友吃你们最爱吃的菜、和您的爱人吃一顿浪漫的晚餐，或者和家人和孩子度过一段愉快美好的餐厅吧！我保证，您回家的时候一定面带微笑，没有任何遗憾。

Pomodoro Restaurant is one the best places in Tianjin to taste dishes enriched from original Italian ingredients to employing cooking techniques with no artificial flavours added and handmade pizza and pasta alongside imported natural steak, ham and cheese.

It is bringing out the genuine Italian flavour in its freshness and newness by the very hands of a well experienced, professional team of chefs, assuring to provide the real Italian taste you are looking for.

If you want to know what real Italian cuisine is about, all you've got to do is visit **POMODORO**, the best Italian restaurant in town with no ambiguity and very reasonable prices, brought down to Tianjin for your convenience.

It was primarily installed in March, 2015, in TEDA as the first restaurant specializing in Italian cuisine. After several years of successful development, they decided to open a second restaurant in September, 2017, at Tianjin downtown, Binjiang Dao, 1st Floor of International Plaza, Nanjing Road, and adjacent to the St. Joseph's Catholic Church. It has a mind blowing view with friendly staff at your service.

Pomodoro stands out in many ways, primary being living by the concept of green health and authenticity. Their menu offers all kinds of Italian foods from Pizza to Pasta, and great desserts. It has also a special kids menu to delight your child's appetite.

Bruschetta con Pomodori and Calamari Fritti are our preferable starter dishes. Minestrone and Crème di Funghi is also our next choice for a soup. Don't miss their 6 different types of Risotto. It is the only restaurant I have visited with so many varieties of Risotto.

Several options of Antipasti, from Beef Carpaccio to Verdure alla Griglia, and 9 choices of Salads, Insalata Mediterranean, Insalata di Rucola, Insalata con Pollo, Insalata dello Chef, Insalata di Tonno... What else do you want to keep healthy?

You can choose your favorite type of Pasta, like Fettuccine, Penne, Farfalle, Fusilli or Spaghetti. They have the traditional sauce of Bolognese and Carbonara that tastes similar or better than the most exclusive restaurants, but also provides a great Pesto al Basilico Fresco that you will have many difficulties to find something similar nearby. Don't miss the other options of Pasta, namely Napoletana, Frutti di Mare, Alfredo, Tonno, Al Salmone Fresco and many others.

What can I say about **Pomodoro Pizza**? First at all, you can design your own with the base of Pizza Marguerita.

But I think you will not need to because you have more than 18 different types to choose from, and I am sure you will find the one that matches your taste. I suggest you try the Pizza Vegetariana, Quattro Stagioni, Pizza Leggera and Pizza Pepperoni.

If you think this is not enough, you have several dishes as Main Course to complete your lunch or dinner, such a Controfiletto Australiano alla Griglia, Ribeye Australiano alla Griglia, Costolette d'Agnello alla Griglia, or Salmone alla Griglia. With beef from Australia, Lamb, Salmon, Chicken breast, I think you will not need to ask for extra dishes.

Dessert is extraordinary as well, and Tiramisu is my favorite, but you have many other options to end your great meal in Pomodoro Restaurant, located

right in front of the famous Catholic Church at the end of Binjiang Dao.

If you have a tired day or you are in no mood of going out, you can choose your favorite Pomodoro dishes and a dedicated and fast delivery team will be ever ready to serve you.

And if you want to celebrate your special events with Pomodoro, have no second thoughts since it provides the most convenient professional banquet services offering special design buffets, BBQ, and so on.

If you haven't been to Pomodoro yet, what are you waiting for? Go with your family or friends, enjoy your favorite dishes, drink one of their wines while having a romantic dinner with your lover or spend some quality time with your family and kids. I can assure you will return home with no regrets but a smile on your face.

POMODORO Restaurant (Tianjin)
小番茄意大利餐厅 (国际商场店)

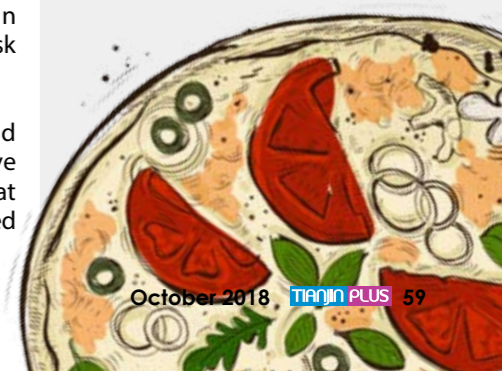
Address:
1st Floor, International Plaza, Nanjing Road, Heping District, Tianjin
(Opposite Xikai Catholic Church)
和平区南京路国际商场B座底商

Telephone: +86 22 2346 0756

POMODORO Restaurant (TEDA)
小番茄意大利餐厅 (天津开发区店)

Address: 2-01 Binhai Sky Fashion Boulevard, TEDA, Tianjin
(North side of Holiday Inn Express)
天津滨海新区滨海时尚天街2-01
(智选假日酒店北侧, 近迪卡侬)

Telephone: +86 22 5999 9191
18920218583





天津滨海航母主题公园



TIANJIN BINHAI AIRCRAFT CARRIER THEME PARK

By Ryan Dyer

Tianjin isn't close to Russia by any means. Taking a train to the closest Russian border city takes roughly 15 hours, if taking the standard speed train. Even jumping aboard a bullet train would take six hours at the least. So when visiting the Binhai Aircraft Park, it was surprising to see a miniature Russian town assembled this far from the Motherland.

To get there from the city centre, I had to set aside at least two hours' time for travel and hop aboard two subway trains to get to the developmental Binhai area of Tianjin.

For being located so far outside the city center and the train station which enables escape from Tianjin, I began to wonder just who would want to live in such an area. It felt the further away from Tianjin you went, the bigger the feeling grew of being isolated in no man's land.

Binhai area is where Tianjin sends and receives shipments from the rest of the world. Here as well, are ships that reach South Korea or Japan, if one

wanted to take the three-day boat journey. Recently, this port area was in the limelight in a negative way as an explosion there rocked the city, taking the lives of some 200 people. It's also home to an aquarium, a water park, the Binhai Aircraft Carrier Theme Park and its oyster, the Kiev.

This Russian aircraft carrier built between 1970 and 1975 is the centerpiece of the park. The 30,000 ton behemoth was assembled in Nikolaev, Ukraine, where it then served the USSR, and subsequently Russia, until 1993 when it was retired due to a low military budget and the ship worsening in condition. It was then sold to China, where it has stayed since 2004 in the Binhai Aircraft Carrier Theme Park.

Multicoloured Russian buildings which resemble Kremlin mark the entrance to the park. Just beyond the front gate, girls in traditional outfits, playing a traditional domra smiled and posed for photographs with Chinese tourists on a picturesque faux Russian street.

A lone young man sat outside of a gift

shop. I wanted to know a bit about the implications of working here so I approached the lad. He stated that he's from Ukraine and is here for three-month tenure, living close by. So far, he's the only male whom I came across working at the park. With the beautiful girls I'd seen there so far, being the only male far from home in a secluded area can't be a bad thing.

However, I wondered just what these Russians did for fun in the evenings. The location was at least an hour away from the city centre. There was basically nothing around the compound, save for the highways going to and from the theme park.

Further down this street, there were giant sized Matryoska dolls which were set along the path to the Kiev.

Upon first entering the Kiev, the armament of the vessel made its presence known to me immediately. While most of the weaponry is seen on the deck of the Kiev, the artillery is kept inside, with chunky missiles in storage and loading rooms begging for someone to put on their cowboy hat and ride one.

The tour progressed in an upward motion towards the summit of the Kiev. There were crew rooms with wax figures looking hard at work. A captain looked to be in the middle of giving command to some unseen gunman through a walkie-talkie. In the hallways, a portrait of Stalin was a reminder of the big cheese giving the real commands.

Further upstairs there was a garage area for planes, where several different types were displayed to show the variety of aerial vehicular toys which could be stored here. It is just beyond this garage where the special surprise attraction of the Kiev is held. Just like the Matryoska dolls, once I thought I'd seen it all, there was one more pea sized piece of joy, and in this case, the joy came from a troupe of attractive Russian girls doing dance numbers for the guests. They performed for roughly 30 minutes, doing a variety of numbers to give the visitors a sample of Russian culture.

On other days, car or motorcycle shows seem to take place at the Kiev. While the dance display was indeed titillating, it lacked the gusto that a flaming motorcycle could offer.

Rest of interior of the Kiev had been converted into a luxury hotel. So if you've gone all this way and have a wad of bills burning a hole in your pocket, why not skip living like a sailor and stay in a king sized bed and forget that you're even on an aircraft carrier?

What's left is the enormous deck area of the ship. There are no

similarities between the Kiev and the Titanic besides both being big boats, but being on the deck of the Kiev still brings to mind "My Heart Will Go On" by Celine Dion. It included the very impressive looking RBU-6000 anti-submarine rocket launchers, AK-630s, and two M-11 Storm launchers; the artillery is kept inside, with chunky missiles in storage and loading rooms begging for someone to put on their cowboy hat and ride one. Walking past those giant rocket launchers and one can't help but think "I'm the king of the world..."

This little slice of Russia actually isn't the only miniature non-Chinese civilization in Tianjin. The much easier to get to Italian Style Town is located in city centre. Here you will find in addition to spaghetti style buildings, German bars, a Marco Polo statue, the Tianjin Urban Planning Exhibition Hall and the go-to place for live shows in the city, 13 Club. The only thing that's missing here are authentic Italian style girls to put on shows for visitors like in the Kiev.

At least working here they wouldn't be an hour away from civilization.



天津距离俄罗斯一点也不近。乘坐普快列车到最近的俄罗斯边境城市都要花大约15个小时，甚至乘坐动车至少也要花6个小时。所以到滨海航母公园时，可以很吃惊地发现有个俄罗斯小镇坐落在距离祖国这么远的地方。从市中心到这里去，至少需要留出来两个小时的时间，换乘两趟地铁，才能到达发展中的天津滨海新区。距离市中心和火车站这么远，我不禁去想，谁会愿意住在这个地方呢？距离天津越远，与世隔绝的感觉就越强烈。滨海新区是天津发送和接收全世界货物的地方，这里也有轮船发往韩国或者日本。最近，滨海新区因为爆炸事故这一负面消息而备受关注，有大约200人死亡。建于1970年到1975年之间的俄罗斯航空母舰是这个公园的中心装饰品。这个30,000吨的航母上是在乌克兰尼古拉艾组装的，一开始为苏联服务，再后来是俄罗斯，知道1993年由于国防预算较低而退役。后来便卖给了中国，从2004年就一直存放在滨海航空母舰主题公园中。公园的入口处是一个多彩的俄罗斯建筑，看起来像是一个小小的克里姆林宫。大门外，有女孩身着传统服饰，面带微笑，弹奏着传统乐器，摆出各种姿势，和中国的游客合影。在公园里，我见到的唯一男性工作人员是在礼品店外坐着的一位男士。但是我还想知道俄罗斯人在晚上做什么。这里距离城市至少有一个小时的车程，周围几乎什么都没有，更别说通往主题公园的高速公路了。进入基辅舰，我一眼就认出了船舶装备。在基辅舰的甲板上能看到大部分武器，然而火炮却存放在内部。每次游玩都是向上逐渐抵达基辅舰最高处的。这里有船员室，从蜡像可以看出他们在努力工作。船长好像是拿着步话机向一些看不见的枪手下达命令。在走廊里，斯大林的画像提醒人们，这个大人物在下达真正的命令。再上楼能看到一个飞机库，存放了几种不同类型的飞机，展示了各种航空飞行器玩具。而正是在这个飞机库之外，才是基辅舰最具吸引力的地方。就像Matryoska玩具一样，我认为已经看到了全部，然而总是有新的乐趣在后面。在这里，惊喜就是有一堆俄罗斯女孩在为游客们跳舞。基辅舰的其它部分被改造成了奢华的旅馆。如果你参观完了所有景点，攒下了一堆门票，那为什么不像船员一样休息一下，躺在床上，忘掉你在参观航母的事实呢？剩下的就是广大的甲板区域。基辅舰和泰坦尼克号都是大船，但是在基辅舰的甲板上还是能让人想起《我心永恒》的歌曲。在基辅舰上走过这些家电的火箭发射器，人们不禁会想“我就是世界之王...”除此之外，在天津市中心，还有意大利风格的小镇。还有意大利式建筑、德式酒吧、马可波罗雕塑、天津城市规划展览馆等。唯一没有的东西就是真正的意大利姑娘为游客带来的表演。在这里工作的话，他们距离文明只有不到一个小时的路程。

Bakeries & Desserts



HP **Gang Gang Bread & Wine**
网网葡萄酒 & 面包店
Great bread and pastries, plus other stuff like cookies and sandwiches. Very reasonable prices.
A: 104# Olympic Tower, Chengdu Dao, Heping District
和平区成都道126号
奥林匹克大厦1楼104
T: +86 22 2334 5716

NK **Inasia Restaurant 美轩亚萃餐厅 (Olympic Stadium Store)**
A: 4F, A-Hotel, Olympics Gym, Nankai District, Tianjin
南开区水滴体育馆A·Hotel 四楼
T: +86 22 2382 1666/2233

HP **Mrs. WANG'S Dessert Boutique**
王太太私房甜品
A: Xian Nong Courtyard, 292 He Bei Lu, Heping district
和平区河北路292号先农大院内
T: +86 22 5835 2895

HP **Bella Milano Hand Made Gelato**
贝拉米兰意式手工冰淇淋 (Hisense Plaza) 海信广场店
A: No.188 Jie Fang Road 3F, Heping District, Tianjin
和平区解放路188号3层
T: +86 22 23198315

HX **(International Trade Centre)**
天津国贸购物中心店
A: 3F, No.39 Nanjing Road, International Trade Centre, Hexi District, Tianjin
河西区南京路39号天津国贸购物中心3层
T: +86 22 59907159

HP **(Metropolitan Plaza)**
世纪都会店
A: 6F - 606, No.183 Nanjing Road, Metropolitan Plaza, Heping District, Tianjin
和平区南京路183号世纪都会商厦6层606号



NK **LE CROBAG - Tianjin Store**
Le Crobag 德国面包房
A: Room 109, Buliding A2, Binshui West road, Nankai District, Tianjin
南开区奥城商业广场A2商9
T: +86 22 23741921

Chinese



HP **Qing Wang Fu 庆王府**
Qing Wang Fu was founded to provide a sophisticated venue where business people can meet, dine and relax in privacy and comfort.
A: QWF, No. 55, Chongqing Road, Heping District
和平区重庆道55号庆王府
T: +86 22 8713 5555

HP **Shui An 水岸中餐厅**
Shui An takes its inspiration from the land and sea specialties of the city and re-imagines them for the sophisticated, global traveller. 11:30-14:00; 17:30-22:00.
A: 2F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District
和平区台儿庄路33号
天津利顺德大饭店豪华精选酒店2层
T: +86 22 2331 1688 ext. 8920



HP **Tian Tai Xuan 天泰轩中餐厅**
Elegant interior includes a private elevator serving ten luxurious private dining rooms.
A: 1 - 2F, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District
和平区大沽北路167号
天津丽思卡尔顿酒店一楼和二楼
T: +86 22 5809 5098

HP **Qing Palace 青天轩**
Offers distinctive Sichuan & modern Cantonese cuisine in a refined ambience. From home-style dishes to royal cuisine.
11:30-14:30; 18:00-22:30.
A: 6F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District
和平区南京路219号
天津唐拉雅秀酒店6楼
T: +86 22 2321 5888 ext. 5106

HP **JIN House 津韵·中餐厅**
A: 7/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin
和平区赤峰道138号天津四季酒店7层
T: +86 22 2716 6262

HP **Youth Restaurant 青年餐厅**
11:30-14:30; 17:30-21:30.
A: 1F, bldg. 1, Jin Wan Plaza, Jiefang Bei Road, Heping District
和平区解放北路津湾广场2号1层
T: +86 22 5836 8081

HX **New Dynasty 天宾楼**
A modern upscale Chinese restaurant with touches of Chinese elements. New Dynasty takes classic Cantonese cuisine and puts a modern twist on it while maintaining its authentic flavours.
11:30-14:30; 17:00-22:00.
A: 2F, Renaissance Tianjin Lakeview Hotel No.16 Binshui Road, Hexi District
河西区宾水道16号万丽天津宾馆2层
T: +86 22 5822 3388

HX **Celestial Court Chinese Restaurant 天宝阁中餐厅**
Sheraton's premier restaurant with traditional decor gives special care to each dish's detail and presentation.
11:30-14:00; 17:30-21:30.
A: 2F, Main Building, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District
河西区紫金山路
天津喜来登大酒店主楼2层
T: +86 22 2731 3388 ext.1825/1826

HX **Din Tai Fung 鼎泰丰**
World-renowned dumpling restaurant, offering delectable fillings and great variety.
11:30-14:40, 17:30-21:50.
A: No. 18, the junction of Zi Jin Shan Lu and Binshui Dao, Hexi District
河西区宾水道与紫金山路口18号
T: +86 22 2813 8138
W: dintaifung.com.cn



HP **Dongsir Hotpot 懂事儿涮肉**
A: No.5 Yong'an Road, Hexi District (opposite of People's Park)
河西区永安道5号(人民公园西南门斜对面)
T: +86 22 2331 9777

NK **Fu Quan Pavilion 赛象中餐厅福泉阁**
Fu Quan Pavilion offers cozy dining atmosphere, and characterised by Hangzhou dishes.
A: Saixiang Hotel, No. 8, Meiyuan Lu, Huayuan High-tech Industrial Park, Nankai District
南开区新技术产业园区
华苑产业区梅苑路8号赛象酒店内
T: +86 22 2376 8888

French

HB **La Seine 赛纳河法国餐厅**
A very good French restaurant. Gourmet dishes and a great wine cellar.
11:30-14:30; 17:30-21:30.
A: No.50, Ziyou Dao, Hebei District. (Italian Style Town)
河北区自由道50号(意大利风情街)
T: +86 22 2446 0388



HB **Brasserie Flo Tianjin 福楼**
Brasserie Flo is a real Parisian Brasserie serving authentic French cuisine. From seasonal recommendations to French oysters, Brasserie Flo provides an authentic Parisian dining experience. Wine cellar, imported seafood and private VIP room available.
A: No.37, Guangfu Dao, Italian Style Town, Hebei District
河北区意大利风情区光复道37号
T: +86 22 2662 6688
F: +86 22 2445 2625

HP **Le Loft 院**
Good place to meet friends. French cuisine, wine and great atmosphere.
A: Cross of Nanjin Lu and Jinzhou Dao, Heping district
和平区南京路与锦州道交口
T: +86 22 2723 9363, +86 18702200612

HX **Blufish 布鱼法式餐厅**
A: 1st Floor, Lotte Plaza, No.9 Leyuan road, Hexi District
越秀路与乐园道交口银河国际购物中心乐天百货首层F&B-1-2
T: 022-58908018
O: Sunday - Tuesday 10:00-21:30
Friday - Saturday 10:00 - 22:00



HP **Pomodoro (International Plaza) 小番茄意大利餐厅 (国际商场店)**
A: 1st floor, International plaza, Nanjing road, Heping District, Tianjin (close to Catholic Church)
天津和平区南京路国际商场B座底商(近西开教堂)
T: +86 22 2346 0756

Japanese

HP **S6U 思创**
Features contemporary Japanese and European cuisine and offers a spectacular view of the city skyline, creating an exquisite ambience for romantic dinners. 17:30-22:00.
A: 49F, Tangla Hotel Tianjin, No.219 Nanjing Road Heping District
和平区南京路219号
天津唐拉雅秀酒店49楼
T: +86 22 2321 5888 ext. 5109

NK **Haru Haru Fashionable Restaurant 通天阁新派料理**
Great buffet with sushi, sashimi, noodles, and more. A la carte also available.
11:00-14:30; 17:00-22:00.
A: No. 126, Bldg. 18, Magnetic Plaza, Binshui Xi Dao
南开区滨水西道
时代奥城商业广场18号楼126号
T: +86 22 8378 8223

HX **Seitaro 清太郎日本料理**
One of Tianjin's best Japanese Restaurants which features a wide selection of regional specialties for lunch and dinner including a teppan and sushi counter.
11:30-14:30; 17:00-22:30.
A: 2F, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District
河西区紫金山路喜来登大酒店2楼
T: +86 22 2335 0909

HX **福の家 Japanese Restaurant 福之家日本料理店**
The restaurant specialises in all the finest delicacies from Japan.
A: 2F, Mimi Park, Dadao Area, Youyi Nan Lu, Hexi District (Opposite to Meijiang Convention Centre)
河西区友谊南路大岛商业广场2楼(梅江会展中心对面)
T: +86 22 5889 7478

HP **Bowbow Sushi Japanese Restaurant 宝寿司**
A: Xiannong Area, Intersection of Hebei Road and Luoyang Road, Wu Da Dao, Heping District, Tianjin
和平区河北路与洛阳道交汇西北角先农大院内
T: +86 22 58352860

HP **Maxim's De Paris 马克西姆法餐厅**
One of the world's best French restaurant features classic and modern French dishes.
A: No.2 Changde Dao, Heping District
和平区常德道2号
T: +86 22 2332 9966

Indian

HP **The Golden Fork Authentic Indian Restaurant 金叉子印度餐厅**
A: Crossing of Qixiang Tai Lu and Diantai Dao, Heping District
和平区气象台路与电台道交口(医科大学游泳馆对面)
T: +86 22 2335 7567
Contact (Chinese): 138 2167 9729 at Mr. Li 李经理 Contact (Foreigner): 150 2250 5448 at Mohamed 默罕穆德

Italian

HP **Prego 意大利餐厅**
Italian music, Italian olive oil, Italian wine and tasteful Italian ambience and along with dishes bursting with taste.
O: 17:30 - 22:30.
A: 3F, The Westin Tianjin, No. 101, Nanjing Lu, Heping District
和平区南京路101号天津君隆威斯汀酒店3层
T: +86 22 2389 0173

HB **PASTA FRESCA DA SALVATORE 沙华多利意大利餐厅**
The most fresh spaghetti and sauce, the best service provides you the most authentic Italian cuisine!
A: No.22, Guangfu Road, Italian Style Town, Hebei District
河北区意大利风情街光复道22号
T: +86 22 2446 3101/ 3201
+86 186 2218 3134
E: yuanpeter@163.com

HP **Pizza Bianca 比安卡意大利餐厅**
Great choice of Italian cuisine and pizza.
A: No.83 Chongqing Lu, Min Yuan Stadium, Heping District
和平区重庆道83号民园体育场内
T: +86 22 8312 2728

HB **Venezia Club Italian Restaurant & Winery 威尼斯意餐酒吧**
A: No. 48 ZiYou Road, Former Italian Concession Area, Hebei District
河北区意大利风情街自由道48号
T: +86 22 8761 3413
E: veneziaclub.tianjin@yahoo.com
W: veneziaclubrestaurant.jimdo.com

H P **Kawa Sushi Lounge 洲·寿司酒廊**
A: 7/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin
和平区赤峰道138号天津四季酒店7层
T: +86 22 2716 6262

Thai

H P **Kudos Thai Restaurant & Lounge Bar 泰莲泰国餐厅**
National cuisine of Thailand, which places emphasis on lightly prepared dishes with strong aromatic components.
A: No. 39, 4F, North Block, No. 2-6, Joy City, Nanmen Wai Da Jie, Heping District 和平区南门外大街2-6号大悦城北4楼39号(南马路路口)
T: +86 22 8728 8669

H Q **Chat Thai Restaurant 泰来时尚泰国餐厅**
A: 3rd Floor, Aqua City, No.18 Dafeng Road, Hongqiao District, Tianjin
红桥区水游城购物中心3楼
T: +86 22 58719019

H B **Pattaya Thai Restaurant 天津芭提雅泰国餐厅**
A: Italian Style Street, Hebei District 河北区意式风情街
T: +86 22 24458789

Western

H P **Cielo Italian Restaurant 意荟·意大利餐厅**
A: 9/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin
和平区赤峰道138号天津四季酒店9层
T: +86 22 2716 6263

H P **La Sala Lobby Lounge 四季·大堂酒廊**
A: 2/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin
和平区赤峰道138号天津四季酒店2层
T: +86 22 2716 6261

N K **Nan Duo Shi 南多世 Afro - Portuguese Restaurant**
A: No.12 Ning Le Xi Li, Shuishang Dong Road, Nankai District, Tianjin.
天津市南开区水上东路宁乐西里12号
T: +86 22 2374 0090

H P **1863 The Ding Room 1863 至尊西餐**
Choose one of the traditional menus and enjoy what Puyi or Hoover had when they were guests at the hotel.
18:00-22:00. Mondays Closed
A: 1F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号
天津利顺德大饭店豪华精选酒店1层
T: +86 22 5852 6888



H P **Drei Kronen 1308 Brauhaus 路德维格·1308 德餐啤酒坊**
The world's oldest heritage brewery joins Tianjin's growing segment of good international restaurants. You're greeted by the stainless-steel brew tanks, featuring dark beer, wheat beer and lager. Till 0 am.
A: 1F-2F, bldg. 5, Jinwan Plaza, Jiefang Bei Lu, Heping District 和平区解放北路津湾广场5号楼1-2层
T: +86 22 2321 9199

H P **Seasonal Tastes "知味" 全日餐厅**
Offers guests an innovative combination of Asian and international cuisine.
00:06-10:00; 11:30-14:30; 17:30-21:30.
A: 1F, The Westin Tianjin, No. 101, Nanjing Road, Heping District 和平区南京路101号
天津君隆威斯汀酒店1层
T: +86 22 2389 0088

H P **Promenade Restaurant 河岸国际餐厅**
Featuring gorgeous views of the Hai River, **Promenade** provides the exclusive dining experience with South East Asia flavors, Indian gourmet, Chinese and Western traditional cuisine and more.
06:00 - 22:00
A: 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Lu, Heping District 和平区张自忠路158号
天津瑞吉金融街酒店一层
T: +86 22 5830 9959



H P **Habuka the Butcher 羽深肉铺**
A: No.187, Chengdu Road, Heping District, Tianjin
和平区成都道187号
T: +86 22 8338 5251
+86 157 2205 2242

RIVIERA 蔚蓝海
H P **Riviera Restaurant 蔚蓝海法餐厅**
Riviera brings the casually elegant refined dining experience to Tianjin featuring modern Mediterranean -French dishes paired with selections from an superb list of international wines.
O: 11:30 - 14:30, 17:00 - 22:00
A: 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Dao, Heping District 和平区张自忠路158号
天津瑞吉金融街酒店一层
T: +86 22 5830 9962

ZEST 香溢 -全日餐厅
H P **ZEST 香溢 -全日餐厅**
A heady mix of gastronomy and entertainment, drawing inspiration from the sensory feasts of Hong Kong's open-air dining culture, the aromatic romance of Italian bistros and the elegant minimalism of Japanese delicacies.
A: 1st Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District, Tianjin 和平区大沽北路167号
天津丽思卡尔顿酒店一层
T: +86 22 5809 5109

H X **Café BLD 餐廊**
BLD offers buffets for each meal period with open kitchens that give the guest a feeling they are dining in the kitchen itself.
06:00-24:00.
A: 1F, Renaissance Tianjin Lakeview Hotel No.16 Binshui Dao, Hexi District, Tianjin
河西区滨水道16号万丽天津宾馆1层
T: +86 22 5822 3388



N K **Hard Rock Cafe, Tianjin 天津硬石餐厅**
A: No.56 Tianta Road, Nankai District
南开区委塔道56号
水上公园正门斜对过
T: +86 22 2351 7625

H X **Fire House 浓舍**
An international Steakhouse featuring a wood burning grill as the centerpiece of the restaurant.
11:30-14:00; 17:00-22:00.
A: 1F, Renaissance Tianjin Lakeview Hotel 16 Binshui Road, Hexi District 河西区滨水道16号万丽天津宾馆1层
T: +86 22 5822 3388

H X **Terrace Café 燕园咖啡厅**
A great location to have a very relaxed meal, in front of a wonderful garden.
06:00-23:00.
A: 1F, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫金山路
天津喜来登大酒店1层
T: +86 22 2731 3388

H X **Mug German Restaurant Beer House 麦谷德餐啤酒坊**
The menu offers a collection of four authentic German beers, specially imported from Germany, to provide the ultimate German experience!
A: No. 1-115, Zonglv Garden, Zhujiang Dao, Hexi District (Face to the Fuli Bus Station)
河西区珠江道富力津门湖棕榈花园底商1-115号
T: +86 22 8815 8577

H B **PAULANER Tianjin 普拉那啤酒坊**
Paulaner's only flagship store in Tianjin authorized by the headquarters in Munich, Germany.
10:30-24:00, Sun-Thu
10:30-02:00; Fri, Sat & Holidays
A: Venice Square, Italian Territory, No. 429-431, Shengli Lu, Hebei District 河北区胜利路429-431号
意大利风情区威尼斯广场
T: +86 22 2446 8192

H D **Café Vista 美食汇全日餐厅**
Café Vista redefines the standard of all-day dining service at international hotels.
A: 1F, Wanda Vista Tianjin, 486 Bahao Road, Da Zhi Gu, Hedong District 河东区大直沽八号路486号
天津万达文华酒店一层
T: +86 22 2462 6888

H D **Brownie Bistro Bar 布朗尼西餐酒吧**
A: No.55, Music Street, Bawei Lu, Hedong District 河东区八纬路音乐街55号
T: +86 22 6089 3448 or 137 5202 0168



H P **1981 Fashion & Restaurant 1981时尚餐厅 (国际商场店)**
A: 2F, International Plaza, Xining Road, Tianjin (in front of Xi Kai church)
和平区西宁道国际商场二楼西开教堂对面
T: +86 22 8628 4132



H P **Prague Restaurant 布拉格餐厅**
A: No.83 ChongQing Road, Heping District, Tianjin (West of MinYuan Square)
和平区重庆道83号(民园广场西楼)
O: 10:00am - 0:00
T: +86 22 8312 2718

H P **blue frog (Riverside 66) 蓝蛙 (恒隆广场店)**
A: Unit 3009, Riverside 66, No. 166 Xing'an Road, Heping District 和平区兴安路166号恒隆广场3009室
T: +86 22 23459028

N K **blue frog (Joy City) 蓝蛙(大悦城店)**
A: 1F-J02, 1F Street, Joy City, Nanmen Wai Dajie, Heping District 南门外大街大悦城如果街1F-J02
T: +86 22 27358751

N K **Trolley Bar & Grille 乔尼西餐厅**
A: Aocheng Plaza, Tianjin 22/23-119, Nankai District, Tianjin
南开区奥城商业广场天玺22, 23号楼底商119
T: +86 15222091582

H P **Browns Bar & Restaurant 勃朗斯英式酒吧餐厅**
A: No.108-111, 1st Floor Min Yuan Stadium, Heping District 和平区重庆道83号
民园广场西楼一层108-111号
T: +86 22 88370588/88370688
E: info@browns-tj.com

Vietnamese

H X **Nha Trang Authentic Vietnamese Cuisine 芽莊越式料理**
A: 5F, Star Hall, Galaxy International Shopping Mall, No. 9, Leyuan Dao, Hexi District 河西区乐园道9号
银河国际购物中心星光厅5楼
T: +86 22 8388 7555

Mexican

N K **TJ-Mex 墨西哥餐厅**
A: 1F, Bldg. A3, Magnetic Plaza, Binshui Xi Dao, Nankai District
南开区滨水西道
时代奥城商业广场A3座1楼
T: +86 22 5811 3300

Coffee Shops

H P **Starbucks Coffee 星巴克咖啡**
A haven to listen to the best American songs and enjoy coffee and tasty bites with friends.
1) Sun-Thu 08:00-22:00, Fri-Sat 08:00-23:00
A: 1F, Berth C1-2, Buidling No.1, No. 18 by 1, Tai'an Dao
泰安道18号增1号三号院一号楼 C1-2辅位首层
T: +86 22 5832 5702
2) 09:00-24:00
A: No. 60-62, Ziyou Dao, New Italian Style Town
新意大利风情街自由道60-62号
T: +86 22 2445 3185

H P **Bistro Thonet 庭悦咖啡**
As the viewing café in Qing Wang Fu, Bistro Thonet gives you beautiful scenery with flourishing vegetation. It provides various Chinese and Western cuisine, business lunch and afternoon tea in both indoor and outdoor venues.
A: No.55, Chongqing Dao, Heping District 和平区重庆道55号庆王府院内
T: +86 22 8713 5555,
+86 22 5835 2555
W: qingwangfu.com

N K **Harvest Book & Coffee 哈维斯特咖啡**
They have a great collection of muffins, scones and toasted bagels to go perfectly with their healthy smoothies.
10:00-21:30
A: 4F, Cafeteria, Tianjin University of Technology, extended line of Hongqi Nan Lu (Huanwai), Nankai District 南开区红旗南路延长线天津理工大学餐饮楼4楼(环外大学城)
T: +86 22 6021 5789

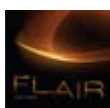
Tea Houses

H P **Yang Lou Tea House 洋楼茶园**
Tea house in a villa where you can watch TV, search the internet and play mahjong.
09:30-02:00
A: The junction of Kunming Lu and Chongqing Dao, Heping District 和平区重庆道与昆明路交口
T: +86 22 2339 8882

PH No.9 Cafe 9号咖啡
Rich coffee menu and English style high tea.
A: Building 9, No.3 Courtyard, Taian Dao, Heping District
和平区泰安道22号3号院9号楼
T: +86 22 5835 8998

PH Zi Xuan Tea House 紫轩茶艺馆
A: Tianjin People Stadium, Yueyang Dao, Heping District (near Guizhou Lu) 和平区岳阳道人民体育馆院内
T: +86 22 2330 7325

Bars & Discos



PH FLAIR Bar and Restaurant FLAIR 餐厅酒吧
Featuring made-to-order sushi and contemporary interpretations of Southeast Asian appetizers and snack foods, extravagant collection of Champagne and whiskeys, a live DJ to shape the night's character and Tianjin's only cigar lounge enhance FLAIR's mystique.
A: 1st Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District 和平区大沽北路167号 天津丽思卡尔顿酒店一楼
T: +86 22 5809 5099

PH China Bleu 中国蓝酒吧
The highest bar in Tianjin, on the 50th floor of the Tangla Hotel Tianjin. Great live jazz/funk music every night. 18:30-03:00.
A: 50F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District 和平区南京路219号 天津唐拉雅秀酒店50层
T: +86 22 2321 5888 ext. 5293

PH Le Procope Lounge 普蔻酒廊
Elegant, sleek, relaxed. You will want to dress-up before going to Le Procope. Luxury and comfort are the core ideas. 10:00-03:00.
A: The Junction of Chengde Dao and Shandong Lu, Heping District 和平区承德道和山东路交口
T: +86 22 2711 9858

PH O'Hara's 海维林
Offers the intimacy of an English gentleman's lounge with regal Winchester styled sofas and an oversized bar counter. 17:00-02:00.
A: 1F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号 天津利顺德大饭店豪华精选酒店1层
T: +86 22 2331 1688 ext. 8919

PH River Lounge 畔吧
Leave your footprint on the Haihe River. The latest address for an afternoon rendez-vous.
O: 09:30 - 01:30
A: 1F, The St. Regis Tianjin. No. 158, Zhang Zizhong Lu, Heping District 和平区张自忠路158号 天津瑞吉金融街酒店一层
T: +86 22 5830 9958
W: stregis.com/tianjin

The Lobby Lounge 大堂酒廊

PH The Lobby Lounge 大堂酒廊
A: 1st Floor, The Ritz-Carlton, Tianjin, No. 167, Dagubei Road, Heping District, Tianjin 和平区大沽北路167号 天津丽思卡尔顿酒店一楼
T: +86 22 5857 8888 ext. 5091
W: ritzcarlton.com/tianjin

PH Muse Bar 缪斯酒吧
A: Junction of Xi'an Dao and Liuzhou Lu, Heping District 和平区西安道与柳州路口
T: +86 22 5836 5608

PH SITONG Bar 昔唐音乐酒吧
Favoured for the last couple years by most expats as the place to end their nights dancing and meeting friends. 20:30-03:00.
A: -1F, Olympic Tower Tianjin, Chengdu Dao, Heping District 和平区成都道奥林匹克大厦负1层
T: +86 22 2337 7177

PH Qba Bar Q吧
Savour authentic Latino food, drinks and music. 18:30-01:00.
A: 2F, The Westin Tianjin, No. 101, Nanjing Road, Heping District 和平区南京路101号 天津君隆威斯汀酒店2层
T: +86 22 2389 0088

PH The Bar KEI 桂酒吧
20:00-01:00 (Sun-Thur), 20:00-03:00 (Fri-Sat).
A: -1F, International Building Tianjin, No. 75, Nanjing Road, Heping District 和平区南京路国际大厦负一层
T: +86 186 2221 6635

PH The St. Regis Bar 瑞吉酒吧
The most beautiful bar in town with stunning river view. A rare haven of refined luxury, **The St. Regis Bar** is a place for guests to enjoy the enduring tradition of St. Regis Afternoon Tea and a wide selection of refreshing drinks. 09:30 - 01:30.
A: 1F, The St. Regis Tianjin. No. 158, Zhang Zizhong Lu, Heping District 和平区张自忠路158号 天津瑞吉金融街酒店一层
T: +86 22 5830 9958

PH WE Brewery
Tianjin's nano craft brewery. The Craft Beer mecca in town.
A: 4 Yi He Li, Xi An Road, Heping District, Tianjin 和平区西安道怡和里4号
T: +86 18630888114
W: www.webrewery.com

PHX The Lounge 洞庭聚
This is the heart and soul of the hotel with a buzz of activity and professional offering of classic cocktails, wines and foods throughout the day and night. 06:00-01:00.
A: 1F, Renaissance Tianjin Lakeview Hotel, No.16 Binshui Dao, Hexi District, 河西区宾水道16号万丽天津宾馆1层
T: +86 22 5822 3388

PHK Violet Lounge 紫
A: Building C6-107-108, Magnetic Plaza, Nankai District 南开区时代奥城商业广场C6-107-108
T: +86 22 2347 7699

PHB Mama Mia 妈妈咪呀音乐酒吧
Release yourself with our music. Lead yourself with our culture. Embrace yourself with our style.
A: No. 437, Shengli Lu, Italian Style Town, Hebei District 河北区意大利风情区胜利路437号
T: +86 22 2445 9905

PHD Churchill Wine & Cigar Bar 丘吉尔红酒雪茄吧
Tianjin's leading venue for connoisseurs. With its excellent array of wines and cigars, Churchill is the natural choice for an evening of timeless perfection.
A: 1F, Wanda Vista Tianjin, 486 Bahao Road, Da Zhi Gu, Hedong District 河东区大直沽八号路486号 天津万达文华酒店一层
T: +86 22 2462 6888

PHK GAL Whiskey & Cocktail 良果酒吧
Great lounge bar featuring wonderful cocktails and whiskey collection. Try "NanKai Qu" cocktail.
A: Shuishang Bei Lu, right in front of Tianjin Zoo gate, Nankai District 南开区水上东路动物园对面
T: +86 18502609788

PHP Gusto Bar 9吧
A: 9/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin 和平区赤峰道138号天津四季酒店9层
T: +86 22 2716 6264

KTVs

PH Eastern Pearl 东方明珠KTV
This KTV offers a wide assortment of entertainment and relaxation. You can sing, visit the buffet, play a game or go to the spa! 24 hours.
A: No. 2, Guizhou Lu, Heping District 和平区贵州路2号
T: +86 22 2781 6666

PHX Holiday KTV 好乐迪
One of the most popular KTVs in Tianjin entertainment that offers the most elegant decoration and conditions. 24 hours.
A: 3F, Shuiying Lanting Building, Pingshan Dao, Hexi District 河西区平山道水映兰庭商业3层
T: +86 22 2355 2888

Beauty Salons

PH CHINA ROAD 重道造型
A Chic salon adjoins to one of the busiest CBD areas. Fashion is the word that best describes the decorated hairdressers.
A: 16-201, Jinde Block, the junction of Kunming Lu & Lanzhou Dao, Heping District. 和平区昆明路与兰州道交口 金德园16-201.
T: +86 138 0308 8908
A: No. 23 Binyou Dao, Hexi District. 河西区宾友道23号
T: +86 2836 9769

PHX AY Hair Salon
The owner Andy, who speaks fluent English, is the best hairdresser in town for foreigners. 09:00-20:00.
A: 08-01, Wutong apartment, the junction of Zhujiang Dao and Jiulian Shan, Hexi District 河西区珠江道与九连山交口 梧桐底商8号楼1门
T: +86 22 2374 1333

PHK OPI Nail Salon OPI 美甲
Which girl doesn't like OPI? This salon is a right place to take care of your nails.
A: 3F, Joy city, Nanmen Wai Da Jie, Nankai District 南开区南门外大街大悦城北3楼
T: +86 22 5810 0179

Spa & Massage

PHD Yue spa "悦" 水疗中心
A: 4F, Radisson Tianjin 66 Xinkai Road, Hedong District, Tianjin 300011, China 河东区新开路66号 天津天诚丽筠酒店4层
T: +86 22 2457 8888 ext. 3910
O: 10: 00-02: 00

PHK ThaiFe Spa 泰菲SPA
For RMB350 you can get full-body relaxing massage. Definitely worth trying.
A: No.14, Diantai Dao, Heping District 南开区电台道14号
T: +86 22 2781 1061

PHK Thai Massage 泰享阁足道会馆
A: Aocheng Plaza Tianxi 22-23/132, Nankai District, Tianjin 南开区奥城商业广场天玺22-23/132
T: +86 22 8137 2222

PHK Shan Ru SPA 善如美容美体SPA
A: Opposite of No.18 Shiyong Road, Nankai District, Tianjin 南开区宁家房子士英路18号对面
T: +86 13752305090

Tattoo Studios

PH Ink Tattoo 墨颜刺青
Owned by artist Zhang, the store is tiny but inviting and the workroom is fully equipped. 11:00-21:00.
A: No. 111, the junction of Shanxi Lu and Jinzhou Dao, Heping District 和平区山西路与锦州道交口111号
T: +86 22 2730 6615

Hospitals

PHP Arrail Dental Tianjin International Building Clinic 瑞尔齿科
A: Rm 302, Tianjin International Building, No. 75 Nanjing Rd, Heping District 和平区南京路75号天津国际大厦302室
T: +86 22 2331 6219/10/67
24Hr Emergency Line: +86 150 0221 9613
W: arrail-dental.com



PHX Tianjin United Family Hospital 天津和睦家医院
The first international-standard foreign-funded hospital in Tianjin, offering authentic western-style medical services.
A: No.22 Tianxiao Yuan, Tanjiang Dao, Hexi District 河西区潭江道天潇园22号
T: (Reception) +86 22 5856 8500
24 Hour Emergency: +86 22 5856 8555
W: ufh.com.cn



PHX Raffles Medical Tianjin Clinic
A: 1F Apartment Building, Sheraton Tianjin Hotel, Zi Jin Shan Road, He Xi District, Tianjin 300074 河西区紫金山路 喜来登大酒店公寓楼一层
T: +86 22 2352 0143

PHX Tianjin Congramarie Gynecology & Obstetrics Hospital 天津坤如玛丽妇产医院
Tianjin's first international 3H (Holistic-care, Hotel-style, Home-warm) gynecological hospital.
A: No.488 Jiefang Nan Lu, Hexi District (opposite to Huan Bohai Automobile City) 河西区解放南路488号 (环渤海汽车城对面)
T: +86 22 5878 5555

PHK Women's and Children's Specialized Health 美中宜和医疗集团天津美中宜和妇女儿童医院
A: No. 21, ShuiShangGongYuan East Road, Nankai District 南开区水上公园东路21号
T: +86 22 5898 2012 400 10000 16
W: amcare.com.cn



Golf Clubs

H P **G&G Golf Clinic/ Pro shop/ Club Fitting 吉恩吉高尔夫诊断中心**
They take your golf game to the next level. You can enjoy the latest technology to improve your Golf Skill. 08:30-22:00.
A: -2 Floor, Huaqiao Building, No. 92-1, Nanjing Road, Heping District 和平区南京路93号增1号
华侨大厦负2层
T: +86 22 2392 1937

H H **Fortune Lake Golf Club 天津松江团泊湖高尔夫球会**
The Club occupies an area of 3500 mu, including a 36 hole golf course, 4600 sqm of clubhouse, driving range, villas, business and recreation facilities. 09:00-16:00.
A: Jinwang Lu, Jinghai Zhen 静海县津王路
T: +86 22 6850 5299

Gyms

N K **Fitness Body Comfort Club 倍体适健身**
Fitness Body Comfort Club is designed in an elegant and fashionable style with all fitness equipment up to a high global standard.
A: Central Clubhouse, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城中央会所
T: 400-108-7890

H X **Tianjin Xing Jian Fight Club 天津行健搏击**
A: F4, Quanhui Mall, Cross Dagu Nan Road and Zhujiang Road, Hexi District 天津市河西区大沽南路与珠江道交口泉汇购物广场4楼
T: +86 22 2821 3200
+86 137 5235 8517

Moving & Relocation



H P **Asian Tigers China - Tianjin**
A: Room 2705, The Exchange Tower 2, No. 189 Nanjing Road, Heping District, Tianjin, 300051, China 天津市和平区南京路189号, 津汇广场2座2705室
T: +86 22 2433 3378
E: general.tsn@asiantigers-china.com
W: www.asiantigers-mobility.com
Wechat ID: AsianTigersMobility



Catering Solutions

H B **Flo Prestige 福楼外宴策划**
FLO Prestige provides tailor made catering solutions, creating food for your event, matching your theme, atmosphere and expectations.
A: No.37, Guangfu Road, Italian Style Town, Hebei District 河北区意大利风情区光复道37号
T: +86 22 2662 6688

Decorations

D L **IKEA 宜家家居**
Well-designed, functional and affordable home furnishing products are available to everyone. 10:00-21:00.
A: No. 433, Jintang Road, Dongli District 东丽区津塘公路433号
T: 400-800-2345

Electrical Appliances

N K **BuyNow Mall 百脑汇**
A shopping complex for computers and computer accessories, cameras and all sorts of electric gadgets. 09:00-19:00.
A: No. 366, Anshan Xi Dao, Nankai District 南开区鞍山西道366号
T: +86 22 5869 7666

Laundries

H P **Fornet 福奈特**
Largest high-quality professional laundry service chain in China. 07:30-21:00.
A: No. 58, Xikang Lu, Heping District 和平区西康路58号
T: +86 22 2333 2888

Hotels



H Q **Courtyard by Marriott Tianjin Hongqiao 天津陆家嘴万怡酒店**
The first Courtyard hotel in Tianjin, located right close to Metro Station, Tianjin West Railway Station, Ancient Culture Street, Eye of Tianjin and Drum Tower.
A: No. 166 Beima Road, Hongqiao District, Tianjin 天津市红桥区北马路166号
T: +86 22 5898 5555

Hotels



P H **Tangla Hotel Tianjin 天津唐拉雅秀酒店**
The city's tallest "penthouse hotel", sits right in the heart of the business and retail districts atop the Tianjin Centre.
A: No. 219, Nanjing Lu, Heping District 和平区南京路219号
T: +86 22 2321 5888
W: tanglahotels.com



H Q **PAN PACIFIC TIANJIN HOTEL 天津泛太平洋大酒店**
A: No. 1 Zhang Zi Zhong Road, Hong Qiao District, 300091 Tianjin 中国天津红桥区张自忠路 1 号 300091
T: +86 22 5863 8888
E: infor.pptsn@panpacific.com



H D **Radisson Tianjin 天津天诚丽筠酒店**
A: 66 Xinkai Road, Hedong District, Tianjin 300011, China 中国天津市河东区新开路66号 邮编 300011
T: +86 22 2457 8888
E: hotel@radisson-tj.com



H P **Four Seasons Hotel Tianjin 天津四季酒店**
A: 138 Chifeng Road, Heping District, Tianjin 和平区赤峰道138号
T: +86 22 2716 6688
W: fourseasons.com/tianjin



H P **The St. Regis Tianjin 天津瑞吉金融街酒店**
Most luxurious hotel in Tianjin, located by the river next to the train station.
A: No. 158, Zhang Zizhong Road, Heping District 和平区张自忠路158号 (津塔旁, 哈密道正对面)
T: +86 22 5830 9999
W: stregis.com/tianjin

H P **The Westin Tianjin 天津君隆威斯汀酒店**
5 star hotel offering luxury, class and comfort featuring charming city views and the latest in technology.
A: No. 101, Nanjing Lu, Heping District 和平区南京路101号
T: +86 22 2389 0088



H P **The Astor Hotel, Tianjin 天津利顺德大饭店**
First opened in 1863 and refurbished in 2010, the hotel is a landmark in Tianjin's history. Favoured for its traditional appeal and high-standards.
A: No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号
T: +86 22 5852 6888
The Ritz-Carlton, Tianjin



H P **天津丽思卡尔顿酒店**
A landmark hotel located in the heart of the city offering unparalleled and memorable experiences.
A: No. 167 Dagubei Road, Heping District 和平区大沽北路167号
T: +86 22 5857 8888



H X **Renaissance Tianjin Lakeview Hotel 万丽天津宾馆**
Located within walking distance of Tianjin Municipal People's Government Offices and near shopping areas, night life venues, the Tianjin International Exhibition Centre and Meijiang Convention Centre.
A: No. 16, Binshui Dao, Hexi District 河西区宾水道16号
T: +86 22 5822 3388



H X **Sheraton Tianjin Hotel 天津喜来登大酒店**
This globally recognised five-star hotel is 8 km from the railway station, and 5 km from the city centre. Hotel facilities include a gymnasium and an indoor swimming pool. It has five restaurants and bars that serve Western, Japanese, and Chinese cuisines.
A: Zi Jin Shan Lu, Hexi District 河西区紫金山路
T: +86 22 2731 3388
W: sheraton.com

H X **Hotel Indigo Tianjin Haihe 天津海河英迪格酒店**
It is the only hotel in China that offers villa-style accommodation in a city centre locale.
A: No. 314 Jiefang South Road, Hexi District 河西区解放南路314号
T: +86 22 8832 8888



H B **Banyan Tree Tianjin Riverside 天津海河悦榕庄**
Located right next to the Haihe River, it is one of the first hotels in Tianjin to bring a resort style service to a city setting.
A: No. 34, Haihe Dong Lu, Hebei District 河北区海河东路34号
T: +86 22 5883 7848
W: banyantree.com



H B **Holiday Inn Tianjin Riverside 天津海河假日酒店**
Enjoy a scenic waterfront location at Holiday Inn Tianjin Riverside, just 15 minutes' drive from Tianjin's financial hub Phoenix Shopping Mall.
A: Haihe Dong Lu, Hebei District 河北区海河东路凤凰商贸广场
T: +86 22 2627 8888
W: HolidayInn.com

H B **Yi Boutique Luxury Hotel Tianjin 天津易精品奢华酒店**
A: No. 52-54, Min Zu Road, Hebei District 河北区民族路52-54号
T: +86 22 2445 5511

H Q **Holiday Inn Tianjin Aqua City 天津水游城假日酒店**
A: No.6 Jieyuan Road, Hongqiao District 天津市红桥区芥园道6号
T: +86 22 5877 6666
F: +86 22 5877 6688
W: holidayinn.com/tjaquacity



H D **Shangri-La Hotel, Tianjin 天津香格里拉大酒店**
A: No.328 Haihe East Road, Hedong District Tianjin, 300019 China 河东区海河东路328号
T: +86 22 8418 8801



H D **Wanda Vista Tianjin 天津万达文华酒店**
Located on the banks of the Hai He River, furnished with rich Oriental ambience, Wanda Vista offers its acclaimed guests an extravagant experience of exclusive services and artistry.
A: 486 Bahao Road, Da Zhi Gu, Hedong District 河东区大直沽八号路486号
T: +86 22 2462 6888



H D **HYATT REGENCY TIANJIN EAST 天津东凯悦酒店**
A: 126 Weiguo Road, Hedong District, Tianjin, 300161 河东区卫国道126号
T: +86 22 2457 1234
F: +86 22 2434 5666
W: tianjin.regency.hyatt.com

B D **Hyatt Regency Jing Jin City Resort & Spa 京津新城凯悦酒店**
The resort resembles an ancient, mythical royal palace surrounded by a labyrinth of pathways, archways and waterways; creating a unique oasis that commands and dominates the surrounding skyline.
A: No. 8, Zhujiang Da Dao, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号
T: +86 22 5921 1234

Serviced Apartments



HP **The Ritz-Carlton Executive Residences, Tianjin**
天津丽思卡尔顿行政公寓
A: No.167 Dagubei Road, Heping District
天津市和平区大沽北路167号
T: +86 22 5857 8888

HP **Astor Apartment 利顺德公寓**
Apartment style accommodation close to the CBD.
A: No. 32, Tai'er Zhuang Lu, Heping District
和平区台儿庄路32号
T: +86 22 2303 2888

HP **Qing Wang Fu Club Suites & Serviced Residences 庆王府公馆**
A: No.55, Chongqing Dao, Heping District
和平区重庆道55号
T: +86 22 8713 5555 or 5835 2555
W: qingwangfu.com



HX **Ariva Tianjin Binhai Serviced Apartment 滨海·艾丽华服务公寓**
A: No. 35, Zi Jin Shan Road, Hexi District
河西区紫金山路35号
T: +86 22 5856 8000
F: +86 22 5856 8008
W: www.stayariva.com

QX **Ariva Tianjin Zhongbei Serviced Apartment 天津中北·艾丽华服务公寓**
A: No. 80 Xingguang Road, Zhongbei Town, Xiqing District, Tianjin
天津市中北镇星光路80号
T: 022-5863 1188
F: 022-5863 1166
E: Reservation.ATZB@stayariva.com.cn

HP **Just Living By Savills Residence Tianjin 天津尚翌服务式公寓**
Savills Residence's Just Living is a new category in Tianjin's service apartment market catering towards single, domestic or international traveling business professionals who are looking for short-term or long-term accommodation.
A: No.36 Xikang Road, Heping District, 300041 Tianjin.
天津市和平区西康路36号
T: +86 22 6018 0222



Ascott TEDA MSD Tianjin 天津雅诗阁泰达MSD服务公寓
A: No. 7 Xincheng West Road, Tianjin Economic-Technological Development Area, Tianjin
天津市经济技术开发区新城西路7号
T: +86 22 5999 7666



HP **Somerset International Building Tianjin 天津盛捷国际大厦服务公寓**
A: No. 75, Nanjing Lu, Heping District
和平区南京路75号
T: +86 22 2330 6666

HP **Somerset Olympic Tower Tianjin 天津盛捷奥林匹克大厦服务公寓**
A: No. 126, Chengdu Dao, Heping District
和平区成都道126号
T: +86 22 2335 5888

HX **The Lakeview, Tianjin-Marriott Executive Apartments 天津万豪行政公寓**
Offers furnished apartments with amenities and 24-hour staff of an upscale hotel.
A: No. 16, Binshui Dao, Hexi District
河西区宾水道16号
T: +86 22 5822 3322



NK **FRASER PLACE TIANJIN 天津招商辉盛坊国际公寓**
A: No. 34 Xing Cheng Towers Ao Ti Street, West Weijin South Road, Nankai District
南开区卫津南路西侧奥体道星城34号楼
T: +86 22 5892 0888
E: sales.tianjin@frasershospitality.com

Antiques & Souvenirs Streets

NK **Drum Tower 鼓楼**
Also known as Gulou, this is the ancient centre of Tianjin and one of the city's three treasures. Perfect for a stroll through Tianjin's old history.
09:00-17:00.

A: Drum Tower, Nankai District
南开区鼓楼

QX **Caozhuang Flower Market 曹庄花卉市场**
A scented wonder for those who love flowers. The biggest flower market in northern China.

A: North No. 7 Bridge, Outer Ring, Cao Zhuangzi, Zhongbei Zhen, Xiqing District
西青区中北镇曹庄子外环线7号桥北

Art Galleries

HP **Min Yuan Xi Li Culture & Invention District 民园西里文化创意街区**
An entire area dedicated to modern art with several art exhibitions and a museum inside. Free. 10:00-23:00.

A: No. 29-39, Changde Dao, Heping District
和平区常德道29-39号
W: minyuanxili.com



HP **Nasca Linien 纳斯卡·理念私享空间**
A: No. 113 Chongqing Road, Heping District
天津市和平区重庆道113号
T: +86 22 23300113 18522758791

Art Districts

HP **Western Art Gallery 西洋美术馆**
A classic style building which is the first Gallery centres of International Art in Tianjin.
09:30-16:30.

A: The junction of Jiefang Bei Lu and Chifeng Dao, Heping District.
和平区解放北路与赤峰道交口
T: +86 22 2330 3255

HX **Western Shore Art Salon 西岸艺术馆**
Unique gothic-style building engaged in elegant music performances, art exhibitions, poetry reading.
Tue-Thu, Sun 09:00-18:00; Fri-Sat 09:00-17:30.

A: No. 3, the junction of Machang Dao and Youyi Bei Lu, Hexi District
河西区友谊北路与马场道交口3号
T: +86 22 2326 3505

Museums

HP **China House Museum 瓷房子博物馆**
It's decorated with ancient pieces of porcelain, crystal, white marble, jade figurines, etc. CNY: 35. 09:00-17:30.
A: No. 72, Chifeng Dao, Heping District
和平区赤峰道72号
T: +86 22 2314 6666

HP **The Astor Hotel Tianjin Museum 天津利顺德大饭店博物馆**
Politicians, Peking Opera kings, movie stars, emperors and empresses all stayed in the most dynamic place of the British Concession since the late 1800's.
CNY: 50. 10:30-21:30.
A: (Inside The Astor Hotel Tianjin).
No. 33, Tai'er Zhuang Lu, Heping District
和平区台儿庄路33号
(天津利顺德大饭店内)
T: +86 22 2331 1688

NK **Chinese Shoe Culture Museum 中国鞋文化博物馆**
Displaying 56 special themes with over one thousand pairs of shoes. Memory 5,000 years of Chinese shoe-making.
Wed, Thu, Sat-Sun 09:30-12:00; 13:30-16:40.
A: Haihe Building, Ancient Culture Street, Nankai District, Tianjin
南开区古文化街海河楼
T: +86 22 2723 3636

HX **Tianjin Museum 天津博物馆**
For the fluent Chinese speaker, it's a walk through China's most emblematic periods in ceramics.
Free. Tue-Sun 09:00-16:30.
A: Crossing of Pingjiang Dao and Yuexiu Lu, Hexi District
河西区平江道与越秀路交口
T: +86 22 8300 3000
W: tjbwg.com

HX **Yangliuqing Wood-Block New Year Pictures Museum 天津杨柳青木板年画博物馆**
It is one of China's well loved folk arts, having a history of more than 400 years.
09:00-16:30
A: No.111, Sanheli, Tonglou Area, Hexi District
河西区佟楼三合里111号
T: +86 22 2837 8718

BD **Jade Buddha Museum 玉佛宫**
Fine displays of unearthed priceless treasures of jade Buddha sculptures and artefacts.
A: Jingjin Xincheng Xiangrui Dajie, Baodi District
宝坻区京津新城祥瑞大街
T: +86 22 2249 8995

Parks

NK **Tianjin Water Park 天津水上公园**
Tianjin's best preserved park. A year-round attraction for nature lovers with nine islands and three lakes.
A: No. 33, Shuishang Gongyuan Bei Lu, Nankai District
南开区水上公园北路33号

QX **Tianjin Botanical Garden 天津植物园**
Tropical animals, plants, flowers, waterfalls and nationality villages.
08:00-17:00.
A: North No. 7 Bridge, Outer Ring, Cao Zhuangzi, Zhongbei Zhen, Xiqing District
西青区中北镇曹庄子外环线7号桥北
T: +86 22 2794 8011

Theatres & Cinemas

HP **IMAX China Film 中影国际影城**
Located in the magnificent Jin Wan Plaza. Shows English and Chinese films in 2D and 3D. 10:00-22:00.
A: 3F, bldg. 6, Jin Wan Plaza, Jiefang Bei Lu, Heping District
和平区解放北路津湾广场6区3层
T: +86 22 2321 9061 ext. 8001
W: imax.com.cn

HP **Tianjin Concert Hall 天津音乐厅**
Opened in 1922, it is now one of the grand stages of China and offers daily musical events of interest to all.
08:30-20:30.
A: No. 88, Jianshe Lu, Heping District
和平区建设路88号
T: +86 22 2332 0068
W: tjconcerthall.com

HX **Tianjin Grand Theatre 天津大剧院**
Present international and domestic concerts, variety shows and musical performances.
A: Tianjin Cultural Centre, Pingjiang Dao, Hexi District
河西区平江道天津文化中心
T: +86 22 8388 2000

Associations

TICC (Tianjin International Community Centre)
Association and meeting place for foreign passport holders and their families in Tianjin. Organises monthly coffee mornings, luncheons and social/fundraising events, supporting local charities.
E: ticc_09@hotmail.com
W: tianjin.weebly.com

Education



HX **NEW YORK KIDS CLUB 纽约国际儿童俱乐部**
A: 2nd Floor, Happy City Center, Hexi District, Tianjin
河西区乐园道9号彩悦城阳光乐园二层
T: +86 22 8827 5200
+86 22 8827 0200
Hotline: 400 666 0522
W: www.nykidsclub.com
www.nykidsclub.com.cn
Wechat: 纽约国际儿童俱乐部天津文化中心

QX **KIDS'R'KIDS Learning Academy, Tianjin No.1 凯斯幼儿园, 天津雲锦幼儿园**
A: Yunjin Shijia Community, No.65, Ziyang Rd, Zhongbei Zhen, Xiqing Dist, Tianjin
西青区中北镇紫阳道65号雲锦世家里
T: +86 22 5871-6901
+86 22 5871-6900
O: 8:00-17:00
Wechat: KidsRKidsTianjin
W: www.kidsrkids.com
www.kidsrkidschina.com
E: contact-tianjin@kidsrkidschina.cn



HD **T. J. Mustang Baseball Club 天津野马棒球俱乐部**
天津首家纯正美式棒球培训, 招生年龄 3-17岁青少年儿童, 男女不限, 同时举办棒球公司团建活动。教练员均为职业棒球运动员及专业教练。欢迎咨询体验课及正式课。棒球, 精英家庭必修运动!
A: Ergong Park, Jin Tang Road, Hedong District
天津河东区津塘路二宫大球场
T: +86 15222875097 吴老师
+86 13920498922 侯老师





H P UPI
As an international school of American features focusing on pre-school education, UPI offers an American block to our children and creates an English environment of living and learning in an all-round way. Also, curriculums based on individual differences are opened for children at different levels and with different potentialities.
A: New Taiyuan Road, No.189, Jiefang North Road, Heping District, Tianjin
天津市和平区解放北路189号, 靠近新太原道一侧 (近丽思卡尔顿酒店)
T: +86 22 23319485



H QH Wellington College International Tianjin
天津惠灵顿外籍人员子女学校
In partnership with Wellington College, Crowthorne, UK, the Tianjin college offers a British curriculum.
A: No. 1, Yide Dao, Hongqiao District, Red Bridge Area, Yide Dao No.1
T: +86 22 8758 7199 ext. 8001
M: +86 187 2248 7836
E: admissions.tianjin@wellingtoncollege.cn
W: www.wellingtoncollege.cn/tianjin



H ZJ International School of Tianjin
天津经济技术开发区国际学校天津分校
Only international school in Tianjin fully authorized by the IBO to teach all three IB programs (PYP, MYP and DP) from age 3-18.
Mon-Fri 07:30-16:30.
A: No.22 Weishan South Road, Shuanggang, Jinnan District, Jinan District, Weishan South Road 22号
T: +86 22 2859 2003/5/6
W: istianjin.org



H X Tianjin International School
天津国际学校
With a philosophy emphasising the holistic development of students, TIS offers a Pre K - 12 education based on a North American curriculum to children ages 3 to 18. Mon-Fri 08:00-17:00.
A: No. 4-1, Sishui Dao, Hexi District, Hexi District, Sishui Dao 4号增1号
T: +86 22 8371 0900

H P Language Schools
Care International Language Training 凯尔语言培训中心
Offering adult English classes, Japanese language education and training, Primary English synchronisation and Business English.
Mon-Fri 09:00-17:00; 18:00-20:30.
A: Room 1402, bldg. 3, Chengji Centre, Nanjing Lu, Heping District, Heping District, Nanjing Road 3号楼1402室
T: +86 22 2737 3937

H Q Raffles Design Institute, Tianjin
天津莱佛士设计学院
Offers fashion design and marketing, business administration, graphic and media design classes, with full-time and part-time courses taught on and off campus.
Mon-Fri 08:30-12:00; 14:00-17:30.
A: Block H, No. 28, Jinjing Lu, Xiqing District, Xiqing District, Nanjing Road 28号H座
T: +86 22 2378 9535 ext. 502

H K N Tianjin Golden Collar Translation Center
天津市金领翻译服务中心
A: No. 5 Pinghu Road, Anshanxi Street, Nankai District, Nankai District, Pinghu Road 5号
T: +86 22 2737 9758
E: jenny_tj@126.com

H X Exhibition Centres
Tianjin International Exhibition Centre
天津国际会展中心
Located near Tianjin museum, this two-storey building is suitable for holding large-scale international and domestic exhibitions.
O: 09:00-17:00.
A: No. 32, Youyi Lu, Hexi District, Hexi District, Youyi Road 32号
T: +86 22 2801 2988

H X Q Tianjin Meijiang Exhibition Centre
天津梅江会展中心
Located in the growing area of Meijiang, this makes it an attractive choice for holding major international conferences.
A: No. 18, Youyi Nan Lu, Xiqing District, Xiqing District, Youyi Nan Road 18号
T: +86 22 8838 3300

Libraries

H X N Tianjin Library
天津图书馆
Founded in 1908, this century-old library is the biggest reference library in Tianjin. 08:30-18:00.
A: No. 15, Fukang Lu, Nankai District, Nankai District, Fukang Road 15号
T: +86 22 2362 0082
W: tj.l.tj.cn

Real Estate



H P Jones Lang LaSalle
仲量联行天津分公司
A: Unit 3509, The Exchange Mall, Tower 1, No.189 Nanjing Road, Heping District, Heping District, Nanjing Road 189号
津汇广场1座3509室
T: +86 22 8319 2233
W: www.joneslanglasalle.com.cn

IT



H X N NNIT (Tianjin) Technology
天津恩恩科技有限公司
A: 20 F, Building A, JinWan Mansion, No.358 Nanjing Road, 300100 Tianjin, Nankai District, Nanjing Road 358号, 今晚大厦A座20层
T: +86 22 58856666
W: www.nnit.cn



Bakeries

Maky Bakery 米旗
Scrumptious western and Chinese baked products. 08:00-21:30.
A: No. 533, The Bund, TESCO, No. 888, Shanghai Dao, Binhai New Area, Binhai New Area, Shanghai Dao 888号外滩乐购S33号
T: +86 22 5981 2667
W: maky.com.cn



LE CROBAG - Teda Store
Le Crobag 德国面包房
A: Room 105, Building C1, MSD. NO.79, The 1st Street, TEDA, Tianjin, Binhai New Area, MSD, C1-105室
T: +86 22 5990 1619

Chinese

Ya Yue Chinese Restaurant
雅悦轩中餐厅
A: 2F, Binhai Jianguo Hotel, No. 1, 2nd Avenue, Binhai New Area, Binhai New Area, Jianguo Road 1号
滨海新区第二大街1号滨海建国大酒店2楼(洞庭路口)
T: +86 22 2532 1177 ext. 6888

Red House
红房子酒店
A: No. 88, Huanghai Lu, TEDA, TEDA, Huanghai Road 88号
开发区黄海路88号
T: +86 22 6620 9438

Yue Chinese Restaurant
采悦轩中餐厅
Providing tantalising Chinese cuisine in a relaxing atmosphere.
11:30-14:30; 17:30-22:00.
A: 2F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA, TEDA, Second Avenue 50号
天津滨海喜来登酒店2层
T: +86 22 6528 8888 ext. 6220/6222

Zen Chinese Restaurant
Zen 中餐厅
Authentic Cantonese and Chinese flavours with plenty of soups, appetisers and yummy seafood.
11:30-14:30; 17:30-22:00.
A: Citizen Plaza, No. 86, 1st Avenue, TEDA, TEDA, First Avenue 86号
天津滨海假日酒店1层
T: +86 22 6628 3388

Bai Jiao Yuan
百饺园
A: No. 27, bldg A, Guoxin Building, Zhangwang Lu, 2nd Avenue, TEDA, TEDA, Zhangwang Road 27号
开发区第二大街展望路国信大厦A座27号
T: +86 22 6202 1188
W: baijiaoyuan.com

Indian & Thai

Patsara Thai Restaurant
芭萨亚泰国餐厅
Offering more than 100 different dishes, all served to perfection. Enjoy the Thai-style surroundings. 11:00-14:00; 17:30-22:00.
A: No. 30, 1st Floor Fortune Plaza, No. 21 3rd Avenue (Behind Happy Soho) 经济技术开发区第三大街21号财富星座底商30号(华夏银行后面)
T: +86 22 6620 2982 English Available

Japanese

Kuinoui 云井日本料理店
Experience a unique dining experience in a luxurious, elegant atmosphere with top-class service. 10:30-00:00 (Next to KFC).
A: King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA, TEDA, Third Avenue 32号
开发区第三大街32号
鸿泰仟佰汇商业广场(肯德基旁)
T: +86 22 6529 8581

Rengaya 炼瓦家
Indulge your taste buds with authentic Japanese cuisine & sushi. Finish it up with sake. 11:00-13:30; 17:00-21:30.
A: (Next to Friendship Store) No. 19, Huanghai Lu, TEDA, TEDA, Huanghai Road 19号(友谊名都旁)
开发区黄海路19号(友谊名都旁)
T: +86 22 2532 4574

Seitaro 清太郎日本料理
Savour a wide selection of specialities including a sushi counter in a traditional Japanese décor setting.
11:30-14:00; 17:30-21:30.
A: Century Village, 3rd Avenue, TEDA, TEDA, Century Village 3rd Avenue
开发区第三大街世纪新村
T: +86 22 6529 9522

Tokugawa 德川日本料理
Opened in 1998, the restaurant still maintains its beauty and quality. You can try a huge variety of sushi and sashimi.
10:00-14:30, 16:30-22:00.
A: No. 34, 1st Avenue, TEDA, TEDA, First Avenue 34号
开发区第一大街34号
T: +86 22 2528 0807

Wu Gu 五穀日本料理
Traditional Japanese food, famous for its blossom stone package, fresh sashimi and steamed items. 11:00-20:30.
A: 1F, No.29 Shishang Dong Lu, TEDA, TEDA, Shishang Dong Road 29号1层
开发区时尚东路29号1层
T: +86 22 5985 7141

Baiyi Teppanyaki 百一铁板烧
One of the best choices for Teppanyaki in TEDA. 10:00-22:00.
A: No. 2-1-6, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA, TEDA, Third Avenue 32号
开发区第三大街32号
鸿泰仟佰汇商业广场2-1-6号
T: +86 22 6629 5488

Western

Brasserie Restaurant 万丽西餐厅
Contemporary daily breakfast, lunch & dinner buffets, featuring European & Asian selections served from a large open kitchen. 06:00-00:00.
A: 1F, Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA, TEDA, Second Avenue 29号
开发区第二大街29号
天津万丽泰达酒店及会议中心1楼
T: +86 22 6621 8888 ext. 3711



Bene Italian Kitchen 班妮意大利餐厅
Authentic modern Italian cuisine. The menu boasts signature pizzas, as well as a fine selection of pastas, fresh seafood and grilled dishes. 17:30-22:30.
A: 2F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA, TEDA, Second Avenue 50号
开发区第二大街50号
天津滨海喜来登酒店2层
T: +86 22 6528 8888 ext. 6230/6232



Feast - Our Signature Restaurant
盛宴标帜餐厅
Signature all-day-dining restaurant featuring a tapestry of bright décor and culinary delights from around the world. 06:00-00:00.
A: 1F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA, TEDA, Second Avenue 50号
开发区第二大街50号
天津滨海喜来登酒店1层
T: +86 22 6528 8888 ext. 6210

Salsa Churrasco 巴西烧烤餐厅
11:30-14:00; 17:30-22:00.
A: 11F, Holiday Inn Binhai Tianjin, No. 86, 1st Avenue, TEDA, TEDA, First Avenue 86号
开发区第一大街86号
天津滨海假日酒店11层
T: +86 22 6628 3388 ext. 2740

Elements 元素西餐厅
Enjoy international cuisine at this all-day restaurant with our wide-ranging à la carte menu or sumptuous buffet selection. 06:30-23:00.
A: 1F Hilton Tianjin Eco-City, No. 82 Dong Man Zhong Lu, Sino-Singapore Eco-City, Tianjin, Sino-Singapore Eco-City, Tianjin, Dongman Zhong Road 82号
天津生态城世茂希尔顿酒店一层
T: +86 22 5999 8888 ext.8133



Pomodoro Italian Restaurant
小番茄意大利餐厅 (天津开发区店)
A: 2-01 Binhai Sky Fashion Boulevard, (north side of Holiday Inn Express) Teda 天津滨海新区滨海时尚天街2-01 (智选假日酒店北侧, 近迪卡侬)
T: +86 22 5999 9191, 189 2021 8583

La Seine 赛纳河法国餐厅
A: Binhai Sky Fashion Boulevard, No.2-02, TEDA Fashion Square, Binhai New District. (Near the Decathlon movement supermarket)
 滨海新区泰达时尚广场滨海时尚天街2-02 (迪卡侬运动超市旁)
T: +86 22 5988 6665

Coffee Shops

Starbucks Coffee 星巴克咖啡
A: C102, Juchuan Jin Hai'an Building, No. 453, Jiefang Lu, Tanggu District 塘沽区解放路453号巨川金海岸商界C102
T: +86 22 2589 3409
A: 1F, Tianjin Friendship Mingdu Store, No. 19, Huanghai Road, TEDA 开发区黄海路19号 天津友谊商厦名都店一层
T: +86 22 6620 1781
W: starbucks.com.cn

Bars & Discos



Happy Soho Live Music & Dance Bar
欢乐苏荷酒吧
 Live Filipino band with hot Russian dance girls. 20:00-02:00.
A: (Opposite of Central Hotel) No. 16, Fortune Plaza, 3rd Avenue, TEDA 开发区第三大街财富星座16号 (中心酒店对面)
T: +86 22 2532 2078

V Lounge
 A wonderful place to unwind after work, to stretch out after dinner, or just chill.
A: No. 2-07, Binhai Sky Fashion Boulevard, Aoyun Lu, Binhai New Area 滨海新区奥运路滨海时尚天街2-07号 (近泰达足球场)
T: +86 22 5985 9988

KTV

Eastern Pearl 东方之珠 KTV
 An ideal venue for people to relax and sing. 10:00-05:30.
A: No. 507, Jiefang Lu, Tanggu District 塘沽区解放路507号
T: +86 22 2586 2222

Spa & Massage

Sheraton Shine Spa 喜来登炫逸水疗
A: 3F, Sheraton Tianjin Binhai Hotel, No.50, 2nd Avenue, Binhai New Area 开发区第二大街50号 天津滨海喜来登酒店3层
T: +86 22 6528 8888 ext. 6021

Touch Spa
 Ultimate relaxation in a soothing atmosphere. 06:00-23:00.
A: 2F, Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2nd Avenue, TEDA 开发区第二大街29号 天津万丽泰达酒店及会议中心
T: +86 22 6570 9504

Hospitals



Raffles Medical Tianjin TEDA Clinic
 The Clinic offers family physicians that speak English, Chinese, Japanese and French in order to cater for the diverse makeup of the TEDA community.
A: 102-C2 MSD, No.79 1st Avenue, TEDA Binhai Area, Tianjin 300457 天津经济技术开发区第一大街79号泰达MSD-C区C2座102室. 300457
T: +86 22 65377616

TEDA Hospital 泰达医院
 A sister hospital to TICH with modern healthcare facilities and a highly qualified team of experts to take care of you and your family.
A: No. 65, 3rd Avenue, TEDA 开发区第三大街65号
T: +86 22 6520 2000
W: tedahospital.com.cn

TEDA International Cardiovascular Hospital 泰达国际心血管病医院
 An international referral hospital for all heart ailments with modern health-care facilities, sanitary environment and a well qualified team of experts.
A: No. 61, 3rd Avenue, TEDA 开发区第三大街61号
T: +86 22 6520 8888
W: tedaich.com

Drycleaning & Laundries

CAS Laundry 美国CAS 国际干洗店
 An American dry-cleaning franchise. 09:00-19:00.
A: (Behind Renaissance Tianjin TEDA Hotel) Fada Jie, TEDA 开发区发达街
T: +86 22 6621 6367

Hotels

★★★★★

Renaissance Tianjin TEDA Convention Centre Hotel 天津万丽泰达酒店及会议中心
 Has earned a reputation among conference delegates and business travellers for its distinctive level of luxury and artful blend of Eastern and Western hospitality.
A: No. 29, 2nd Avenue, TEDA 开发区第二大街29号
T: +86 22 6621 8888



Sheraton Tianjin Binhai Hotel 天津滨海喜来登酒店
 Ideally located in the heart of Binhai New Area. Featuring 325 guestrooms and suites offering a range of comprehensive facilities and exemplary service, comfort and convenience for busy travelers.
A: No. 50, 2nd Avenue, TEDA 开发区第二大街50号
T: +86 22 6528 8888
W: sheraton.com/tianjinbinhai



HILTON TIANJIN ECO-CITY 天津生态城世茂希尔顿酒店
A: No. 82 Dong Man Zhong Lu, Sino-Singapore Eco-City, Tianjin, P.R. China 300467 滨海新区中新生态城动漫中路82号
T: +86 22 5999 8888



Tianjin Goldin Metropolitan Polo Club 天津环亚国际马球会
 A luxury resort destination hotel with a prestigious members-only polo club, two international standard polo fields, a column-free Grand Ballroom and 10 restaurants and bars.
A: No.16, Hai Tai Hua Ke Jiu Lu, Bin Hai Gao Xin Qu, Tianjin 天津滨海高新区海泰华科九路16号
T: +86 22 8372 8888
W: www.metropolitanpoloclub.com

Holiday Inn Tianjin Binhai 天津滨海假日酒店
 Located in the very heart of the business district makes it an ideal choice for modern business travellers.
A: No. 86, 1st Avenue, TEDA 开发区第一大街86号
T: +86 22 6628 3388
W: HolidayInn.com



The Westin Changbaishan Resort Sheraton Changbaishan Resort 长白山万达威斯汀度假酒店 长白山万达喜来登度假酒店
A: No.333 & No.369 Baiyun Road, Changbaishan International Resort, Fusong County, Jilin Province 中国吉林省抚松县长白山国际度假区白云路333/369号
T: +86 439 6986999, +86 439 6986888

Apartments



TEDA, Tianjin - Marriott Executive Apartments 天津泰达万豪行政公寓
A: 29 Second Avenue TEDA, Tianjin 天津经济技术开发区第二大街29号
T: +86 22 6621 8888



Fraser Place Binhai, Tianjin 天津招泰美伦辉盛坊国际公寓
A: Block 6/7, Quincy Park, No.21 Bei Hai East Road, TEDA, Tianjin, China 天津市开发区北海东路21号昆西园6/7号楼
T: +86 22 5988 1999
E: reservations.binhai-tianjin@frasershospitality.com

Office Space



TEDA MSD 泰达MSD
A: 6F, TEDA MSD-C1, No.79, First Avenue, TEDA, Tianjin, China. 天津经济技术开发区第一大街79号 泰达MSD-C1座6层
T: 400-668-1066

Libraries

Tianjin Binhai Library 天津滨海新区文化中心图书馆
 Monday: 14:00-18:00; Tue-Sun: 10:00-18:00
A: No. 347 Xusheng Road, Binhai Central Business District 滨海新区中心商务区旭升路347号

TEDA Library 泰达图书馆
 09:00-22:00.
A: No. 21, Hongda Jie, TEDA 开发区宏达街21号
T: +86 22 2520 3100
W: tedala.gov.cn

Parks

Binhai Aircraft Carrier Theme Park 滨海航母主题公园
 A military theme park featuring all sorts of adventure. 09:00-17:00.
A: No. 269 Tianjin Binhai New Area, Hanbeilu 天津市滨海新区汉北路269号
T: +86 22 67288899
W: www.binhaipark.cn

Education

Tianjin TEDA Maple Leaf International School 天津泰达枫叶国际学校
 A Chinese firm that currently operates 20 schools in China enrolling more than 6,750 students, which provides quality educational programs by blending the best of East and West educational practices.
A: No. 71, 3rd Avenue, TEDA 开发区第三大街71号
T: +86 22 6622 6088
W: tianjin.mapleleaf.net.cn



TEDA International School 泰达国际学校
 Established in 1995 by the governing body of Tianjin Economic Development Area to provide world-class education for children residing in the Binhai/ TEDA region.
A: No. 72, 3rd Avenue, TEDA 开发区第三大街72号
T: +86 22 6622 6158
W: Tedais.org

Exhibition Centres

Tianjin Binhai International Convention & Exhibition Centre 天津滨海国际会展中心
 Organises and undertakes international and domestic exhibition programmes.
A: 5th Avenue, TEDA 开发区第五大街
T: +86 22 6530 2888
W: bicec.com.cn

Department Stores & Shopping Malls

AEON Mall 永旺梦乐城购物中心
 A shopping mall with various shops, restaurants, and entertainment facilities.
A: No.29 ShiShangDong Lu, TEDA 开发区时尚东路29号
T: +86 22 5985 7000
King Buyer Shopping Mall 鸿泰仟佰汇商业广场
A: No. 32, 3rd Avenue, TEDA 开发区第三大街32号
T: +86 22 6622 0886
TEDA Friendship Department Store 泰达友谊大厦
 Houses a range of world famous luxury brands.
A: The junction of Huanghai Lu and 2nd Avenue, TEDA 开发区第二大街与黄海路交口

Supermarkets

JUSCO TEDA 佳世客
 Japanese supermarket where you can buy BBQ and other products at a competitive price. 10:00-22:00.
A: 1-2F, No. 29 Shishang Dong Lu, TEDA 开发区时尚东路29号1-2层
T: +86 22 5986 1088

Golf Clubs

Tianjin Warner International Golf Club 天津华纳高尔夫俱乐部
 18-hole course with wide fairways. Reservation is recommended for visitors. 06:30-17:30.
A: No. 1, Nanghai Lu, TEDA 开发区南海路1号
T: +86 22 2532 6009
W: warnergolfclub.com

Eco-City International Country Club 生态城国际乡村俱乐部
 Strategically located within the Sino-Singapore Tianjin Eco-City, ECICC is home to an 18-hole championship golf course designed by world-renowned Tripp Davis.
A: No. 5681, Zhongxin Road, South Ying-Cheng Island, Tianjin Eco-City, 300480 China 生态城中新大道5681号 (营城湖南岛)
T: +86 22 6720 1818

Outdoor Clubs

Tianjin Freetrek Outdoor Sports Club 天津自由户外俱乐部
 Offers customised trekking tours, trips to fantastic places in China, and weekend trips to areas surrounding Tianjin. Also offers equipment and clothing for trekking. 09:00-20:00.
A: No. 1038, Jintang Gong Lu, Tanggu District 塘沽区津塘公路1038号
T: +86 22 2582 9366

JIAYUGUAN

FIRST PASS UNDER HEAVEN

By Rebecca Vaughn

嘉峪关是中国甘肃省的一个关口，位于酒泉市以西32公里。之前，长城还要从这里绵延到很远的地方去，然后在1372年，明朝初年，在这里修建了一个要塞，标志着长城到这里结束。

因此，在14世纪末和18世纪中期，嘉峪关就是当时中国的西部边境线。之前嘉峪关不仅仅有外城，还有内城，而现在外城居住着数量为150,000的人口。

传说

传说明朝时有一位建筑家和数学家易开占，有人让他估算一下修建嘉峪关共用了多少块砖。他做了估算后说共有99,999块砖，但是当时的统治者质疑了他的评估，又加了一块砖。嘉峪关完工时，的确留下了一块砖，现在就放在主入口的顶部。

位置

嘉峪关城楼是嘉峪关的主要景点，位于城市以西5公里的地方，雄峙于祁连雪峰与嘉峪黑山之间。外墙约长733米，高10米。城楼的东侧是光华门，西侧是柔远门。每个门上都有高17米的哨塔。

悬臂长城

在嘉峪关西北约七公里的地方，能看到悬臂长城，把嘉峪关和黑山连接了起来。在1987年，对这段长城进行了修复。

在外城能看到什么

外城是中心城市以外的第一道防护线。这道墙是用砖砌成的，非常结实，能很好的保护内城。此外，在三层塔上还悬挂了一个牌匾，上书“天下第一雄关”。

在这里你还能看到游击将军府、文昌阁、京剧塔。

如何到嘉峪关去

地点：嘉峪关在甘肃省嘉峪关市西南6公里处
怎样到那里去：从市中心坐4路公交车，大约花20分钟的时间

费用：季节不同，价格不同

- 旺季（5月1日-10月31日）：门票为120元，包括悬臂长城、嘉峪关景区和长城第一烽火台。

- 淡季（11月1日-次年4月30日）：门票为60元，包括的内容与旺季相同。

营业时间：上午8:00到下午18:30

最佳游览时间：5月-10月



Jiayuguan, which is also known as (Jiayu Pass) is a small Chinese outpost in Gansu situated 32 km west of the city of Jiuquan. Formerly, the Great Wall stretched further than this point, however, in 1372, during the first years of the Ming Dynasty, a fort was built there which marked the end of the Great Wall.

With this, Jiayuguan marks the western border of Han-China for the period between the end of the 14th and the mid-18th century. Jiayuguan once comprised of an inner and outer city. Now, the outer city is a town with a population of about 150,000 people.

THE LEGEND

As for every city, there is a legend for Jiayuguan as well, and it goes like this... During the reign of the Ming Dynasty, a talented architect and excellent mathematician Yi Kaizhan was

嘉峪关 “天下第一关”

asked for an estimation of materials for the Wall. He approximated the precise number of bricks (99,999), however, the authorities questioned his judgment and added one extra. When Jiayuguan was completed, there was precisely one brick left, which now stands on top of the primary entryway.

WHERE JIAYUGUAN IS SITUATED

The Jiayu Fort (Jiayuguan Chenoglu), 5 km west of the city, is the main attraction of Jiayuguan. It guards the Jiayu Pass that lies between the snow-capped Qilian Mountains and the Black Mountains of the Mazong range of mountains.

During the Ming Dynasty, this was the end of the Great Wall, the western border of the Chinese Empire. The fort was called “First Pass under Heaven” by the Chinese. It was built in 1372 with towers having been added during the subsequent years.

The outside wall is approximately 733 meters in size and almost 10 meters high. At the eastern side of the fort is the Guanghua Men (Gate of Enlightenment) and in the west is the Rouyuan Men (Gate of Reconciliation).

There are towers 17 meters high above each gate. Outside the Guanghua Gate, but within the outside wall are three interesting buildings, namely the Wenchang Pavilion, and the Guandi Temple (with tableaux of life in ancient China), and the Open Air Theater, where operas can sometimes be seen.

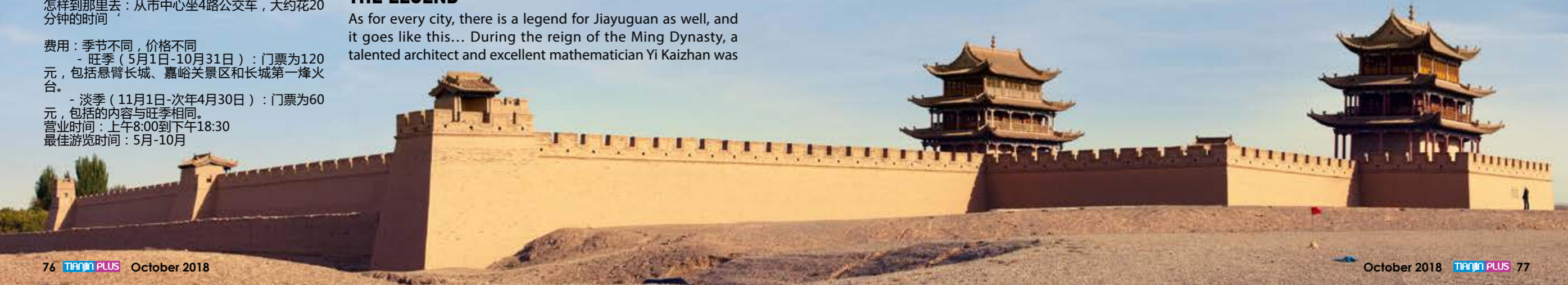


HANGING GREAT WALL

Approximately 7 km northwest of Jiayuguan, the Hanging Great Wall can be seen. It connects Jiayuguan with Heishan, the Black Mountains and dates back to 1540. In 1987 it was restored.

The wall comprises of two sections which have been restored in recent years and have been partly rebuilt. The first section contains a fourth and two watchtowers that can be reached via a steep climb. From the high point, you can have a beautiful view of the desert and Jiayuguan city. A footpath leads down and leads to an area wherein there are sculptures of a caravan because the Silk Road crossed the Wall.

Further on are sculptures of warlords, the Huguo Temple, the Haihui Pagoda and a petroglyph. The second section which is not accessible is steep and contains two watchtowers. From the Wall, a 6 km long gravel road goes on to Jiayuguan Fort.





Opera Tower

Located near the east barbican, the opera tower was a spot where soldiers, merchants and local residents would come to relax by watching operas. Nowadays, all that is left are the beautiful Chinese symbols such as the red pillars, Eight Immortals etc.

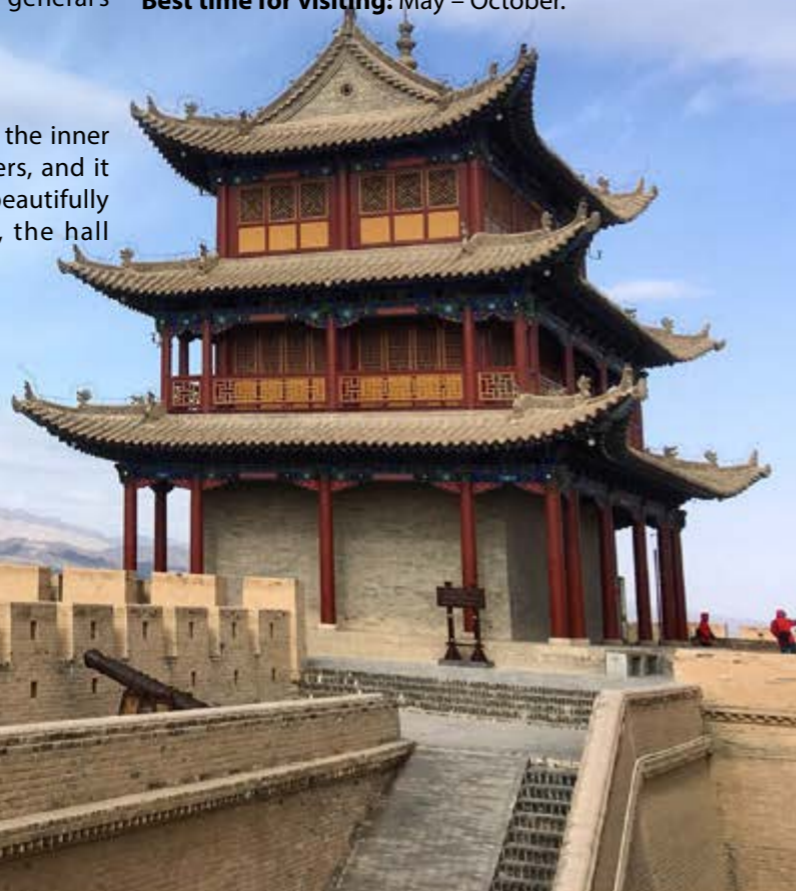
HOW TO GET TO JIAYUGAN

- **Location:** Jiayugan is located six kilometers from the southwest of Jiayuguan City Gansu province.
- **How to get there:** Take bus No. 4 in the downtown area. It will take around 20 minutes until you get there.
- **Fee:** There is a different fees, as per the seasons.

- In high season (from 1st May – 31st October) the price per ticket is 120 Yuan. This price includes the tickets for the Overhanging Great wall, the Jiayuguan Scenic Area and the First Fire Tower of the Great Wall.

- In low season (1st November – 30th April) the price per ticket is 60 Yuan. Besides the change in rate, the offer is the same as for the high season.

Opening/Closing Time: From 08:00 till 18:30
Best time for visiting: May – October.



WHAT YOU CAN SEE IN THE OUTER CITY

Outside the central city, there is another barrier forming the first defensive line of the pass – the outer city. Due to protective reasons, this wall was made of bricks, making it very solid. Also, there is a three-story tower with a plaque that checks out “Tian Xia Di Yi Xiong Guan” to specify the significance and strength of this particular pass.

This building can also take you to:

Youji General's Office

It is an area where generals handled military affairs. While there, you can experience the life of general's families which resided in the backyard.

Wenchang Hall

It is a pavilion that will take you in front of the inner city. The design is the same as in the towers, and it has lattice doors and windows which are beautifully decorated. After the late Qing Dynasty, the hall became a working place for officials.

BEST ADVENTURE VACATIONS IN ASIA

for Couples

适合夫妻度假冒险的亚洲圣地

By Linda Perry

Are you a couple full of adrenalin and excitement who want to experience adventurous moments in Asia? Read these guidelines and find out about the best activities to do in Asia and also where to do them!

Freedom with a little adventure is a perfect idea, especially for those couples who want to explore new places and create new memories and unique experiences. Of course when we talk about a holiday full of adventurous activities, how can we not think of Asia? All the places mentioned in this list offer plenty of outdoor and indoor activities. All the diverse activities will for sure make you fall in love with each other every time you try to do something new. All couples who want to spend a turbulent and active time can have more than personal yoga classes at their chosen luxurious tree house, jumping from one tree to another tree with special ropes, or rafting amidst fierce rivers.

你们是充满冒险精神，并且有兴趣前去发现亚洲探险圣地的夫妻吗？请阅读以下几点建议，它们能指导你找到亚洲最适合冒险的地方。

能自由地进行小小的冒险是个不错的主意，对于那些想要探索新地点、创造新回忆和独特经历的夫妻来说尤为如此。想在假期随意参加冒险活动的话，我们不得不提到亚洲。亚洲提供了充足的室内和室外活动。每次尝试有趣的新事物时都能让你再次爱上对方。

享受在马尔代夫白沙滩潜水的美好时光
有人认为在雨林中徒步是一场冒险，有人认为参加水上运动是一场冒险，还有人把在私人海滩潜水当做是一场冒险。潜水对许多人来说的确是一种完美的夏日活动。迷人的海滩绵延无际，在马尔代夫更是如此。马尔代夫的可爱的旅馆和旅游胜地让许多冒险爱好者的梦想成为了现实。

在尼泊尔奔腾的波浪中漂流
如果不去白水漂流的话，那么这场亚洲之旅就不算完美。尼泊尔是吸引夫妻前去的第一目的地，每条河流的漂流难度都不同。如果你去访问野性的尼泊尔，还有很多等着你去发现。

爱人们，在日本樱花节敞开心扉
全世界所有人都深爱着樱花会。三月份，日本的街道是最美的地方。樱花把整个国家都装点成了粉色，让这个地方变得与众不同，同时吸引了来自全世界的夫妻们。

在泰国潜水
泰国气候极好，能为游客提供很多东西。如果你想进行水上运动，一定要来这里的景点。潜水是一项很好的运动，能让你们的心跳加速，为另一场冒险做好准备。普吉岛对于专业的和业余的潜水选手来说都是一个很好的地方。
亚洲是地球上最大的洲，有很多东西可以提供，包括超豪华蜜月套餐的浪漫目的地。每对夫妻都能根据自己的喜好找到适合自己的冒险活动。所有夫妻都要知道，每个地方都有适合前去游玩的最佳时间，要考虑到这一点，再拟定旅行计划。



HAVE A GREAT TIME WHILE SNORKELING AT THE WHITE-SANDY BEACHES OF MALDIVES

There are people who find something adventurous in walking through a rain forest, but for others adventure is doing water sports during the day, and for some others adventure means snorkeling at a private beach in their incredible resort. This is indeed a perfect summer activity for many people. The charm of the sea is endless, especially in the Maldives. The lovely hotels and resorts found in this island country make the dream come true for many adventure lovers. Maldives is a perfect destination for doing absolutely nothing but enjoying the perfect landscape and relax the whole day on the white-sandy beaches.



Maldives

GO RAFTING THROUGH THE ROWDY WAVES IN NEPAL

A trip to Asia is never done without visiting white water rafting venues which are unusual and amazing for all couples. Nepal seems to be a top destination for attracting couples for rafting in the rivers wherein each one offers a different level of difficulty. Well, couples, there is a lot more for you if you want to visit the wild side of Nepal, namely the Bardia National Park which offers new experiences and unforgettable moments.



Nepal

Thailand

MAKE YOUR DAY WITH SCUBA DIVING IN THAILAND

With its awesome climate, Thailand has so much to offer. If you are a couple who thinks about water sports all the time then you must definitely hit the spot. Scuba diving is a perfect sport to pump your heart and prepare for another adventure. Phuket is the right place no matter if you are an amateur or a professional. The great adventure starts when the couple dips in the majestic marine life of Koch Racha Yai where they can add fun to all activities.



DEAR LOVERS, OPEN YOUR HEART AT THE CHERRY BLOSSOM FESTIVAL IN JAPAN

Every person on Earth is deeply in love with the Hanami season because of the festivals and events being coloured with the theme of the cherry blossom. In March, there is no better place to be than the veiled streets of Japan. Sakura paints the whole country in pink and this phenomenon makes the region unique and at the same time, makes it attractive for all the couples in the world.

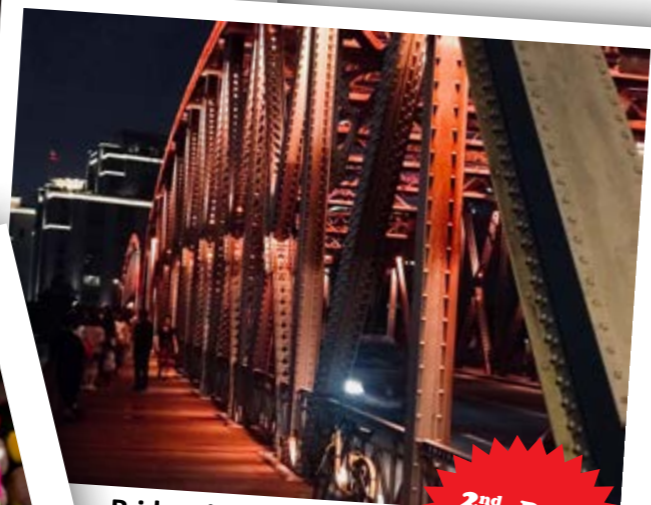


Japan



From The Top
By Mark Carey

**October
1st Prize
一等奖**



Bridge Side Walk
By Michael PORTIE

**2nd Prize
二等奖**



Candies
By Phillip Sun

**3rd Prize
三等奖**

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- 1st Prize Winner: Foreign Wine bottle Voucher
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天津香格里拉大酒店
Shangri-La hotel
TIANJIN



海河慈善趣跑 Tianjin River Fun Run

天津香格里拉大酒店将于2018年10月13日在风景如画的海河畔举办第三届“海河慈善趣跑”活动。天津香格里拉大酒店自开业以来，一直积极履行社会责任，以公益慈善为己任。金秋十月，天津香格里拉大酒店诚挚邀请多家企业及爱心人士参与“天津企业慈善趣跑活动”，旨在更好地凝聚和促进企业合作、传递健康理念、为抚愈童心公益项目筹措资金。作为全民普及的运动项目，慢跑不仅能够强健体魄，更能够舒缓心情释放压力。

本次活动所得善款将全部捐赠给抚愈童心项目，支持儿童活动包的开发。儿童活动包的设计，旨在帮助受病痛困扰、为在医院接受治疗的孩子进行心理疏导，释放压力。每个活动包内都有手工、游戏、蜡笔、故事书等。每个故事都是为癌症化疗的孩子编写，鼓励他们，让他们从内心中成为勇敢而坚强的小战士。

在此特别感谢积极参与第三届“海河慈善趣跑”活动的合作企业，天津嘉里中心、高利尔（天津）包装有限公司、《津街商务》英文杂志、《津品生活》英文杂志、昕星园、百丽富影城、艾德曼赢（天津）庆典服务有限公司、bit生鲜食品超市、陈露国际冰上中心。

Shangri-La Hotel, Tianjin will showcase its vision for an annual corporate fun run on 13 October 2018. Over the past years, the hotel has always looked at ways to bring the community together with activities and events to promote 'lifestyle' in Tianjin. The hotel brought to life its vision of delighting guests each and every time with its warm and hospitable staging of this planned annual event.

The idea behind the fun run is to bring Tianjin businesses together and collectively raise money for Healing Young Hearts charity program. While the event is a corporate team event, the fun run was also open to Shangri-La Hotel, Tianjin's Health Club members as one of their planned activities.

Shangri-La Hotel, Tianjin thanks the following prominent organizations already confirm their participation, some noteworthy names being: Tianjin Kerry Centre Riverview Place, Goglio (Tianjin) Packaging Co., Ltd. Business Tianjin, Tianjin Plus Magazines, Zip Pi Tee Doo's, Cinema Palace, AISHA&IDEAMAN, bit Farm Market, Chen Lu International Skating Center.



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